

Some opinions about the Bengali Edition of
"Ayurvedic Treatment of Cancer."

(1) Vaid Jadavji Trikamji Acharyya, *Dr. Viegas St., (General), Bombay—2.*

"

The book has been of very great help to the physicians for having a detailed knowledge of cancer and its treatment according to Ayurveda "

14/12/53.

(2) Ayurveda-Brihaspati (D.Sc.), Pranacharyya Vaid Sri Gobardhan Sarma Changani, *Director, Ayurvedic Board, M. P. Sitabardi, Nagpur.*

" I have derived great pleasure by reading your book on the treatment of Cancer written in Bengali. Had the book been translated in Hindi the whole of India would have been benefited for this noble achievement. Please accept the blessing of me who is an octogenarian."

1/1/54.

(3) Vaidyaratna Kaviraj Pratap Sinha, D.Sc. (Ayurved), Pranacharyya, *Ex-Director, Dept. of Ayurved, Rajasthan Govt., Principal, Raj Kumar Sinha Ayurvedic College, Indore*

" This is a unique book, first of its kind in Bengali literature. The definition of Cancer given by you according to Ayurveda is most important. I think this book should be made a text-book in all Ayurvedic Colleges. If this book is translated in Sanskrit and Hindi it will be readily accepted all over India and will provide a most needed knowledge of Cancer to the Ayurvedic Public.

I congratulate you on your very successful attempt in bringing out this beautifully illustrated book "

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PREFACE

According to the principles of Ayurveda, every disease is caused by the predominance of one of the three *Doshas* (Vāyu, Pitta, and Kafa) or by the combined influence of two or all three of them. As the *Doshas* are constantly under the influence of the deranged *Prāṇa* (the *Manas* of Aśvini, Pitta, and Kafa), he has endeavored to determine the exact nature of the influence exercised by the deranged *Doshas*, which have been responsible for producing the diseases in question.

So far as the Ayurvedic standpoint, no single cause can be assumed to be the causative factor of a particular disease attacking all persons for all times. The nature of the disease may be different in the case of different persons possessing different *Doshas* (Vāyu,

Pitta and Kafa) in the making of their constitution. Judged from this basic principle of Ayurveda, the same disease may be due to different causes in the case of different persons. So in describing the causes of different types of Cancer appearing in the different limbs of patients, we have enumerated different factors as causes of the disease. And all these different factors have served to vitiate the above-mentioned *Dosas* and have thus produced the disease. So according to the basic principles of Ayurveda, there is no one causative factor of a particular disease affecting the various limbs of a person and producing heterogeneous symptoms. So we have enumerated different causes for different types of Cancer in the different limbs of the human body.

The Science of Ayurveda is a believer in the "Bacillus theory" of causation. But it also considers the "Theory of the Loss of Vitality" to be the most important factor in the causation of a disease. The loss of Vitality field is a concomitant factor for the Bacillus Theory seed to germinate into a full-fledged tree.

In the treatment of diseases, the Science of Ayurveda follows the *Theory of Sodhana* in the first instance (*i.e.*, it tries to purge the system of all the abnormalities and morbidities with which it has been vitiated). And then it tries to adopt the *Sansamana Theory* of treatment (*i.e.*, the Theory of applying suitable medicines with special reference to the particular traits and temperament of the patient concerned). It does not necessarily prescribe the same and single medicine in the same disease of Tom, Jack and Harry. Different medicines with different accompaniments may be necessary for the treatment of them all. No one remedy is ever sufficient for curing a disease affecting all people for all time. The Science of Ayurveda is not a believer in the theory of a single medicine curing all persons affected by the same disease irrespective of race, religion, climate and country.

The Science of Ayurveda aims at the establishment of an absolute truth at every point of its research activities and as such it refuses to admit any and every drug as a medicine which serves to transform a disease from one stage into another for the time being. A real medicine according to Ayurveda is that which effects a complete cure without producing any reaction (*i.e.*, it does not produce quite a different disease to cure a particular disease for which it is originally used) A remedy which is reactionary in character and gives a temporary result by changing the course of the disease in a different direction, cannot be said to convey an absolute truth, the attainment of which should be the aim of every piece of a really scientific research activity

In *Ayurvedic Treatment of Cancer*, we have described the Ætiological and Pathological conditions of the different kinds of Cancer affecting the different limbs of human beings, mainly with reference to the principles inculcated by the *Tridosha Theory* of Ayurveda and the *Pancha Nidāna Theory* enunciated by the great Ayurvedic Pathologist Mádhabakara of Bengal, combined with the result of our practical experience of examining more than twenty thousand cancer patients in our research laboratory, within a period extending over thirty years. We have not written anything about which we have no practical experience. It is not a summing up or a reproduction of what others have said about the disease in their works

Regarding the treatment of cases, we have adopted the time-honoured methods advocated by the Atreya Punarbasu Sampradāya (*i.e.*, the School of Physicians founded by the venerable sage Punarbasu), the Dhanwantariya Sampradāya (*i.e.*, the School of Surgeons founded by the venerable sage Dhanwantari) and the Rasatāntrik Sampradāya (*i.e.*, the School of Ayurvedic Chemotherapy, founded by the venerable chemist sage

Nágárjuna). But we have derived the greatest possible good results by using the chemo-therapeutic medicines prescribed by the Nágárjuna School of Physicians.

We have achieved more than 70% success in our treatment of those cancer patients who consulted us at the outset of the attacks during the course of our practice extending over a period of last thirty years. The Ayurvedic treatment is seldom taken recourse to in the beginning. It is resorted to as a last resource only a few days before the cold hands of death put an end to all our activities.

The Science of Ayurveda has fallen on evil days. Ever since the fall of the Hindu Dynasties of India, every kind of state support has been withheld from this first and foremost Medical Science that the civilized world of ours has ever known. But it has been able to drag on its dry and dreary existence in this fleeting world only because of its possession of the unconquerable and imperishable truths which its exponents have been able to find out not for the selfish ends and personal enjoyments of the so-called capitalists but for the real and permanent benefit of the suffering humanity. As ill luck would have it, the foreign invaders of India failed to extend the deserving patronisation to this hoary healing science of ancient India, the culture of every conceivable branch of which, according to the modern explanation of the term, had reached its zenith in the Buddhistic Age of the Indian History. And all the research activities which were being very successfully carried on its own lines by the eminent research scholars like Nágárjuna with his band of thirty-six chemist scholars in the universities of Taxila, Nalanda and Sárnath, came to a stand-still. And even now, when we have got independence for our land, we have not been able to secure even the bare recognition from the State, in the shape of securing the same status to the practising Ayurvedic

physicians with that of the Allopathic physicians, for the only one and single really scientific culture of which the present-day Indians can speak with pride before a congregation of the eminent scientists of the world, today. It is a matter of very deep regret not only to the people of India but also to all lovers and worshippers of Science of the modern scientific world that men at the helm of affairs of the Republic of India have not been fully conscious of the rich storehouse of invaluable scientific knowledge that has been lying unexplored in this holy land of holy India. Had they been so conscious then they would not have been so niggardly as not to be able to establish a full-fledged Research Institute fully manned by Ayurvedic physicians capable of guiding students for research activities in the true sense of the term, for the real advancement of Ayurvedic learning and for the ascertainment of the medical destinies of the tropical people by physicians well-versed in the special hygienic principles of the tropical region who form the representatives of the eighty-five per cent of the rate-payers of the Sovereign Republic of India according to the special calculation of the statistical science of the modern scientific world.

Due to want of proper state recognition, intelligent students of the country are not coming to study this subject. Physicians also are not able to carry on their research activities for want of proper monetary help. But everybody in the country, from a village chowkidar upto the prime minister of a state complains of the non-existence of research activities on the part of the present-day practitioners of the Ayurvedic system of medicine. We do not know exactly what they mean by the term “Research” in the Ayurvedic field of activity. This term is often very loosely used even by the greatest men at the helm of affairs. What we mean by “Research in Ayurveda,” is the re-establishment of the

pristine glory attained by the science of Ayurveda in the Vedic Age in the different branches of both medicine and surgery, a detailed description of which is to be found in the Rasáyana Chapter of the Chikitsá Sthána of *Charaka Samhita*

The science of Ayurveda has had to face strong propaganda in the hands of the foreign capitalists for obvious reasons. But in the near future they would be compelled to change their angle of vision, when counter propaganda would be waged against them by the true lovers of truth and science. And when the people of our country would witness them, they would be compelled to pay due regard to their old mother. We shall have to wait, watch and see the return of these days and work devotedly for the advancement of Ayurvedic learning on the path of truth and science for the restoration of the ancient glory of the science of Ayurveda.

The *Ayurvedic Treatment of Cancer* is the first book of its kind in English in India. Our object in writing this book in English is to make it known to the people of the world, the degree of excellence that ancient physicians of India had attained in the treatment of this terrible scourge of mankind. Many cases of cancer, declared incurable by other systems of treatment, have been cured by our Ayurvedic method of treatment. If a study of this book enables a physician to treat at least one case of cancer successfully, we shall consider our labour amply rewarded.

The task of bringing out this book in the form in which it is now being published, was left entirely to the care of our most beloved pupil Ayurvedácháryya Kaviráj Sree Abinash Chandra Chowdhury, M A., Jyotihsástri, well-versed in both the eastern and western systems of medicines, an erudite Sanskrit scholar and a man of strict moral discipline. It gives us great pleasure to be

able to put on record that he has been able to discharge his duties to our complete satisfaction.

We are specially grateful to our friend, philosopher and guide Vaidya Dr Ghananand Pant, Ayurveda Brihaspati, of Delhi, for his very valuable suggestions regarding the publication of this book. It is through his initiative that the book is going to be published in the six different languages of India and abroad.

We are specially grateful to the six veteran Ayurvedic physicians of all India fame, namely, Ayurveda-Mártanda Jadavji Trikamji of Bombay, Rájvaidya Jivram Kalidas Sastri of Gondal, Pandit Gobardhan Sharma Changaní Ayurveda Brihaspati of Nagpur, Baidyaratna Dr Pratap Sinha of Rajasthan, Dr. Jagnath Prasad Shukla of Allahabad and Kaviraj Rakhaldas Sen, Vaidya Báchaspati of Calcutta, for their spontaneous blessings on our endeavour, which have been a perennial source of inspiration to us for the completion of this undertaking in the field of Ayurvedic learning.

We are specially grateful to Dr R. N. Ghose, M.B., for his invaluable suggestions as to the imperative necessity for inserting one chapter on the treatment of Cancer of the Lungs, which the Bengali edition of the book has not contained.

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AYURVEDIC TREATMENT OF CANCER

CHAPTER I

THE PRIMARY STAGE OF THROAT-CANCER

Not long ago, physicians laboured under the impression that cancer was a disease of old age and rarely counted juveniles among its victims. But now this notion has undergone a change. At present we detect the incidence of this fell disease among persons from a five-year old child to an octogenarian. So the idea that this disease does not attack a person before forty lacks scientific basis. Nevertheless, it is the aged persons who are more frequently victimised by this malady than young males and females.

Throat-cancer manifests itself in various ways :—

1. Sensation of a fish-bone sticking in the throat

In the primary stage of cancer, many a patient complains that one day while taking his food he felt as if a fish-bone stuck into his throat. Thereafter he begins to experience a pricking sensation in the throat and difficulty in swallowing (dysphagia). By and by solid food has to be abandoned and there is an incessant discharge of saliva from the mouth. The patient has to subsist solely on liquid diet. Subsequently he has to forgo even such liquids as milk and water. For want of diet the patient gradually becomes emaciated and is reduced to a skeleton. The entire fluid substance and blood in the patient's body ooze out as saliva. Finally the patient feels difficulty of respiration (dyspnœa) and

After careful investigation into the matter of the fish-bone sticking in the throat, as previously mentioned, we come to learn that though true in some cases, it had no real basis in most of them. Deranged Air (Váyu) in conjunction with Heat (Pitta) and Water (Sleshmá) generates a fleshy knot in the throat, which being gradually developed, gives the patient one day the abrupt sensation of a pricking fish-bone immediately after his meals. Very often the pain felt is very slight and hence the patient often takes no serious view of this initial stage of the disease. Some of the patients betake themselves to a doctor. Doctors, too, often disregard this incipient stage as being nothing serious and finish their duty by prescribing a gargle or a paint. The patient is not sent to a specialist until he is bereft of the power of swallowing food. It is a great misfortune of the cancer patient that when his malady is finally diagnosed to be a case of cancer, he often reaches a stage far beyond any hope of cure.

A case of cancer, properly diagnosed in its primary stage, becomes easily amenable to expert treatment and less distressing to the patient. A physician cannot indeed grant life but his real business is proper diagnosis of the disease and alleviation of the patient's suffering.

If, in the matter of treatment of cancer, all physicians proceed with this noble ideal of the Indian Medical Science in view, the onerous task of tackling with this intractable malady will not be impossible. The path, difficult no doubt, will be comparatively easy to tread.

2. Emergence of a tiny-shaped tumour

We often find that in the primary stage of cancer, a tumour resembling a small betel-nut or tinier still, grows either inside or outside the throat. This tiny-sized tumour makes its appearance in various ways in different

parts of the throat. Its first manifestation is either beneath the base of the ear, or above the larynx, or the entrance of the oesophagus, or at the back of the mouth or under the uvula, or in front of the gullet and sometimes on the muscles of the throat. In the primary stage, these tumours are not so painful: in some cases they are entirely painless. Occasionally such tumours number more than one. They gradually develop in size and in their developed stage we find several tiny growths often conjoined and assuming the shape of an ant-hill. In some cases, these tumours have been found to cause no pain whatever, for ten or twelve years. In some other cases however, they quickly and awfully develop in the space of three or four months and become even harder than stone. In this stage, these tumours absorb and suck up all the vital substances like blood and marrow, etc. of the patient's body. By degrees, the patient becomes emaciated and exhausted. Air (Vāyu) gets the upper hand in his body. The growing tumours gradually tend to cause suffocation to the patient. In this stage, he mostly suffers from hoarseness of voice. Some have their gullets on the verge of being blocked. The patient is gradually deprived of the capacity for swallowing food. Solid food becomes a taboo to him. He has to live on milk and water alone. The patient is often found to swallow milk with ease but if by chance a bit of cream finds its way into his gullet, he experiences excruciating pain. In this situation food sometimes comes out through the nostrils. The patient is seized with a sudden fit of cough and suffocation with food and eyes are turned up. The unfortunate patient has thus to drag on a most miserable and painful existence.

At this time wasting symptoms as in a serious type of consumption appear in the patient's body and fever sets in. Some again get fever towards the evening just like a tuberculosis patient and after suffering for the

whole night get remission from it in the following morning. Others again have chronic fever as in real consumption.

On many occasions it is found that the tumours, even in the aforesaid condition, feel as hard as stone. They show no sign of suppuration. In some cases, it is found that the tumours begin to suppurate in the final stage of the disease. But a cancerous tumour does not suppurate in the way an ordinary boil does. By extremely slow degrees the tumours begin to corrode. At first a portion of the skin on the tumour gets excoriated and is covered with a white layer. The ulcer begins to exude secretion which is extremely stenchy. On many occasions the foul odour is so offensive that it hardly permits anybody to enter the patient's room. If, at this stage, the ulcer is but gently tapped or touched, it begins to bleed. At times the bleeding is so copious as to cause the patient to fall into a coma.

3. Hoarseness of voice

At the outset of throat-cancer, on many occasions it is found that the patient one day develops hoarseness of voice suddenly on some score or other. This leads the patient to think it might be due to exposure to chill. Some period of time is allowed to elapse in this way. When, however, the patient finds his hoarseness persistent with no indication of amelioration, he betakes himself to a physician. On an examination of the patient the physician usually cannot detect any morbidity in his ordinary health and as such, fails to recognize the inception of cancer in the patient and finishes off his duty with a prescription for common hoarseness.

Thereon as the patient along with this hoarseness begins to get fever and dyspnoea, an endeavour is made to ascertain his real disease. On many occasions such a

patient's protracted hoarseness, dyspnoea and temperature lead many an eminent physician to suspect him to be a case of phthisis. When, however, for a confirmation of his suspicion, he gets a pathological report of the examination of the patient's sputum, blood and urine etc., and fails to detect any tubercular bacilli, he has to adopt a different line of action. In course of my professional career, I happened to come across two unfortunate victims of throat cancer who were taken as T. B. patients and treated as such for two years by two T.B. specialists of all India fame.

When, despite two years' treatment with various drugs and injections, the condition of the patients instead of showing any sign of improvement gradually took a turn for the worse and there appeared two tumours beside the larynx, the learned physicians were naturally seized with dire remorse consequent upon the realisation of their mistake.

It must, however, be admitted that cancer in its final stage is attended with bodily wasting just as consumption. At this time hardly any differentiation can be made between cancer and consumption. But in the primary stage no special point of similarity can be observed between cancer and consumption. Hoarseness is a common characteristic of both the maladies.

It is fever which is the main indication of phthisis. In consumption, almost in all cases, fever is invariably concomitant with hoarseness. The pulse becomes very rapid and various intricate complications like cardiac depression, pulmonary ulcer etc accompany it. But the hoarseness found in the preliminary stage of cancer is scarcely attended with fever. A consumptive patient with hoarseness never suffers from dysphagia except in the last stage and he can easily swallow liquid foods,

whereas a cancer patient with hoarseness is found to experience great difficulty in swallowing even liquids. When a liquid substance is attempted to be swallowed, it often comes out through the nostrils. This is a very serious and painful situation.

Examination has revealed that in the majority of cases, it is the slow growth of fleshy knots on the larynx and inside the œsophagus that brings about the complaint of obstinate hoarseness. This fleshy over-growth proceeds at such a slow pace that no physician can detect it to be the cause of hoarseness except after a thorough examination.

At length, when the physician is fairly convinced that the patient's hoarseness is due to this growth of flesh in his throat, it is discovered that the disease has advanced too far. The patient is then unable to take his breath or swallow his food. In this state, a puncture is made in his throat by means of tracheotomy, which pushes him further towards the grave

4 Slight Hæmoptysis

In the very early stage of throat-cancer it is found that one fine morning, while washing his mouth the patient suddenly discovers some streaks of blood mixed with his sputum. This he takes to be due to bleeding from the gum. Some again take it to be due to laceration in the throat. After the lapse of some period in this way, when once he happens to discover a greater amount of blood, he gets dismayed and approaches a physician to ascertain whether it is the incipient stage of tuberculosis or something else. Ordinary practitioners commonly take no serious view of this initial stage of the disease. This is due to the fact that they cannot conceive of this meagre beginning as being the inception of a fell malady

like cancer. An examination at this stage reveals no morbidity in the heart or lungs of the patient. By way of a more intensive investigation, when the patient's sputum is pathologically examined, no trace of *T. B. Bacilli* is found therein. So the disease proper remains undiagnosed, and drugs and injections are administered upon a conjectural view of the case. At the very outset of the disease, that is to say, when slight hæmorrhage from the throat occurs at short intervals, even specialists in throat diseases fail to get to the root cause of the malady and conjecturing it to be a common ailment of the throat, they adopt the conventional line of treatment.

Investigations into a good number of cases have revealed to us that the starting of this slight and periodical hæmorrhage eventually results in a cankerous and malignant ulcer in the throat. By degrees, this canker diffuses over a wider area, invades the different glands of the throat and brings about the most distressing stage of the obstinate disease of cancer.

In the initial stage of throat-cancer, it is oftentimes found that the patient one day all on a sudden perceives a gland in his throat swollen up. Owing to this swelling some experience difficulty of deglutition while others do not. At first this swelling, as a rule, is certainly neglected. Those who are anxious for a speedy redress seek the help of a doctor in the first instance, who, of course, least suspecting it to be the inception of cancer refrains from doing anything more than prescribing some paint for application.

Those glandular swellings or nodular growths which are painless slowly develop and gradually become indurated. In some cases, they become harder than even brick. When the glands are in the process of swelling

there crop up beside them one or two small-sized tumours. These tumours gradually wax in size ; the nodes do not easily suppurate with the exception of one or two that appear by their side. The ulcer in these tumours hardly heal up. When one of the tumours dissolves, a fresh one takes its place and begins to suppurate. In this way, one tumour is followed by another. Meanwhile, the muscles in the neighbourhood of the glands that were first attacked are also affected. By and by the patient begins to experience a pain on his neck, back and arm-pit and this pain becomes intenser day by day. As a result of this, there is in most cases wryness of neck and face. The glands in the arm-pit being attacked, the patient cannot raise his arms which become paralyzed, as it were. At this time there is almost daily rise in temperature and in some cases the fever continues without remission and hoarseness of voice appears. The patient gradually loses power of deglutition and has constant salivation from the mouth. The saliva emits a fetid smell. At times it appears as thick as a tough rope and also glutinous. Some patients, however, have no salivation at all but occasionally spurts of copious bleeding. After the hæmorrhage, there is some relief from pain for a day or two. This is, however, succeeded by severe pain in almost all the limbs of the upper body, such as the base of the ears, the head, back, both the arms and chest, etc. In this condition, the patient feels difficulty in either sitting or reclining and has to pass sleepless nights.

In this condition, to alleviate his suffering the patient is administered strong drugs and injections. As a consequence, the condition of the unfortunate fellow still worsens and obstinate costiveness follows. Loss of sleep and over and above that, constipation, intense piercing pain in the affected glands, loss of voice and of the power of swallowing food, incessant secretion of saliva with

pus, occasionally copious flow of blood, like water from a fountain, fever deep-seated in the marrow, gargling sound in the throat and, to crown all, difficulty of respiration make the condition of the patient so heart-rending that no eye can bear the sight. Still more pitiable is the matter that the vital breath of the patient refuses to make its exit from the body though harassed by such heart-breaking and inexpressible torment which the patient is found to survive from six months to a year. Even a dying patient who to all appearance, cannot hope to see the light of the next morning is found to linger on for more than six months in this moribund condition.

5 Gradual emergence of fleshy nodules like the tips of a cauli-flower

The preliminary stage of the onset the disease is marked by the appearance of a fleshy nodule like a small pea by the side of the larynx or œsophagus. This gradually grows in size. In the stage of aggravation, several other nodules crop up around it, and by gradual development they assume the shape of a cauli-flower

In the aggravated stage, these fleshy growths exude secretion of a most offensive odour. This odour is characterised by such a peculiarity that a fairly experienced medical man will be able to single out a real cancer patient by the stenchy smell alone out of even more than a hundred patients of different types. This stench is intensely strong. The fleshy nodule, previously spoken of, assumes hardness with its gradual growth. On palpation by the hand in this state, blood oozes out of it and sometimes in a copious flow. Such hæmorrhage occurs only in the most aggravated state of the disease.

By and by the fleshy growth becomes too big to allow the patient to swallow his food; in consequence

he gets emaciated, runs low fever accompanied by growing dislike for food.

In the absence of proper treatment, at this stage, the veins and their tributaries at the root of the nodule become exposed to view and the patient is reduced to a bed-ridden condition. At length the cavity of the mouth gets choked up, difficulty of respiration arises and the patient meets an extremely painful death.

In some other cases again, the fleshy lump begins to decompose in the last stage which is extremely distressful. For, at this time, blood with pus incessantly oozes out of the patient's mouth. Bit by bit dissolved pieces of flesh slough off and the patient is deprived of the power of raising himself up. The secretion of saliva goes on incessantly. Vitality is gradually on the wane, senses are about to fail and even in this state the patient may linger for some time before he breathes his last.

In a few other cases, the formation of the cauliflower-like fleshy lump goes on at an extremely slow pace for about 17 or 18 years until reaching its full-fledged stage, it begins to decompose and is attended with the aforesaid complications.

6 Throat-cancer often lurks in the body in a dormant state

Throat-cancer often abides in the body quite beyond the recognition of the patient and the physician. As tubercule bacilli on entering the body cause a variety of discomforts and make themselves manifest at the opportune moment, so also does cancer. As a matter of fact, very little distinction is noticed between phthisis and cancer. Though, in the primary stage, there may be observed some points of dissimilarity, in the final stage,

however, there is marked resemblance between the two. Not unfrequently cases have come to our notice, where the self-same patient has developed T B in one limb and cancer in another. Phthisis and cancer are both wasting diseases. Both of them make their manifestations in the different limbs of the human body in a variety of ways and in variegated forms.

The disease is the preliminary stage of cancer. But the outward symptoms give no clue to it whatsoever. It escapes detection even by an examination of the patient's stools, urine and sputum. One day the patient suddenly finds one of his arms swollen, his face inflamed and feels unbearable pain in his thigh. Inflammation of the eyes, face and arm leads the physician to suspect it to be a case nephritis or urethritis or filaria and he sets about his treatment according to the guidance of this suspicion. But after several days it is found that the patient is showing no sign of improvement. He is growing weaker day by day and distressing complications are appearing one after another. The physician too feels embarrassed after the unsuccessful administration of a variety of medicines. At this juncture, it is accidentally discovered that a tumour has emerged down the patient's gullet. The patient is running mild temperature, his voice has broken and his physique is gradually emaciating. In the circumstances, the physician is constrained to alter his previous conclusion. But the disease has meanwhile progressed too far and the patient is then beyond any reasonable hope of a cure.

The most characteristic premonitory symptoms of cancer are the painful sensation in a certain limb for a protracted period of time and the onset of swelling in a particular part of the body

It is only after a length of time that the disease will prove to be a case of throat-cancer, but the outset is

marked by the onset of œdema on the breast, shoulders and the entire face and the disease continues to abide for long in the person without altering its course. Without sufficient previous experience, a physician can hardly recognise these to be the premonitory symptoms of cancer of the throat or some other organ.

The most unfortunate factor in the field of cancer treatment is that when the disease first appears in its true colours, it has already struck its root deep into the body.



CANCER OF THROAT

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CHAPTER II

THE SECONDARY STAGE OF THROAT-CANCER

1. Incessant discharge of saliva

In the secondary stage of throat-cancer when the tumour has reached a full-grown state or the ulcers in the throat have begun to decompose, it is then only that the patient's mouth begins to secrete saliva. In the beginning the saliva comes out in a very liquid form. In some cases, however, it issues out in a congealed state just like a thick and sticky choir. It does not expel itself quickly. Sometimes it clings to the throat and has to be drawn out with the fingers. The salivation is aggravated to such an extent that the patient can speak only with difficulty. He can hardly take his meals and has to sit up with a spittoon constantly in his hand with a view to excreting his saliva. In this condition, the fluid substances of the body, like blood etc., come out in the form of saliva and growing emaciation and debilitation confine the patient to bed. Patients have been found to be rolling on their spittle which is trickling down from all sides of the bed. Owing to foul smell, it is then difficult for anybody else to enter the patient's room.

2. Severe pain in the affected parts

In the secondary stage of throat-cancer, intense pain is felt in the affected glands wherefrom it radiates to other parts as well. Cancer in the throat is accompanied by severe pain in the ears, head, arm-pit, back and breast. The pain in the arm and arm-pit turns out to be so serious that the patient despairs of life, having his arms benumbed and bereft of upward locomotion.

In some cases, the original tumour is found to ripen up, burst out, dissolve and about to heal up ; but the tentacles of cancer spread themselves far and wide over the surrounding parts of the body.

When a potato-seed is sown in the ground, a sprout springs up from it, which is followed by the decomposition and ultimate disappearance of the parent seed which, however, sends forth innumerable rootlets over the surrounding area and on each rootlet grow and thrive a number of fresh potatoes. Exactly similar is the case with cancer in the throat. Some time after the appearance of the original tumour, from its root numerous tissues overspread the surrounding muscles over which crop up a number of big or small tumours. Over the entire area covered by these tissues and their tributaries, one may apprehend a crop of fresh tumours. That is why no lasting benefit is derived from a surgical operation upon a cancer of the throat.

An oleander (*Karabi*) tree, if cut down, grows up in no time with fourfold vigour and with a luxuriance of countless branches and twigs around, likewise if the first-born tumour or a few cells in its neighbourhood be pulled out, its root cannot be extirpated. It gives only a partial and temporary relief but the sequel is extremely deplorable and horrible.

We have stated that the farther the tissues of cancer spread themselves, the more intense is the pain suffered by the patient. Owing to pain the patient has to go without food and anorexia and constipation follow. The patient suffers from growing debility. In this plight, he feels as if a very heavy burden were lodged on his shoulders, and the load seems too heavy to take down.

3. Appearance of swelling

In the secondary stage of throat-cancer, œdema appears in the affected part as well as in the surrounding limbs and organs. Sometimes the swelling develops to such an extent that the shoulders and the neck seem to coalesce into each other. The shoulders contract and the patient is unable to turn his neck. The œdema is even found to overspread the whole body. Intense pain is felt in the swollen parts and one gets the sensation of an insect creeping about in the original tumour. At times the patient feels pain as if he were pricked by a pin.

4. Intermittent fever

In the secondary stage of cancer, fever makes its appearance. At the outset the fever is of an intermittent type. Occasionally, however, the fever leaves the patient after running a course of a week or two. But gradually the patient grows weaker and weaker, and loses the vitality to contend with the disease. His power of digestion also diminishes. In most cases, the fever is due to the aggravation of *Śleshmā* and *Pitta*.

5. Emaciation

The secondary stage is marked by growing emaciation of the body. At this stage the patient feels as if his whole body is contracting. Owing to the aggravation of *Vāyu*, the skin of his body begins to shrivel up and the tumour too begins to grow up in size, and rising higher and higher like an ant-hill causes more and more agony.

6. Dry Cough

The aggravation of *Vāyu*, characteristic of the secondary stage of cancer, causes intense dry cough which often compels the patient to pass the night without

a wink of sleep Constant fits of cough cause hurt to the tumour in the throat, which often begins to bleed profusely.

7. Decline in the power of deglutition

From this time onward, the patient suffers from progressive dysphagia It is often found that the patient cannot drink liquid foods but feels less difficulty in taking comparatively solid ones At times, he feels difficulty in taking water but not in taking milk. It is also found that liquids, when attempted to be swallowed, come out through the nostrils.

8 Profuse Bleeding at intervals

At this time, at short intervals, the patient is found to bleed in spurts. The bleeding is so profuse that the patient's bedding and clothes are saturated with blood.

In the majority of cases, this excessive hæmorrhage may be traced to the mis-application of the radium therapy A detailed discussion about the merits and demerits of the radium therapy will be made in connection with the treatment of the disease.

9. Reddish tinge of the affected glands

At this stage the aforesaid nodules being excessively developed assume a reddish tinge. The enormity of the lump of the tumour leads one to think that there will instantly be a copious flow of blood and pus from it In fact, however, this is not the suppurating stage of the tumour. It is only after a considerable length of time that bleeding starts.

10 Growth of the disease in more than one organ

In the secondary stage of throat-cancer it is found that the original tumour has ceased to develop while the

patient is beginning to feel pain on his liver. This pain forebodes the formation of another tumour on the liver, this ultimately turns into cancer of the liver. Throat and liver being affected at the same time the patient is subjected to untold agony. Cases of simultaneous appearance of sarcomas on thigh and throat, on uterus and throat, on breast and throat, and, on breast and back are met with.

There has appeared a tumour on the throat, from which the patient has been ailing for a length of time when all of a sudden his hip-joints have begun to ache. Even many an erudite physician mistakes this as due to sciatica, but when with the lapse of some time a tumour appears thereon, which, gradually growing in size, deprives the patient of the power of locomotion, the physician then opines that it is another manifestation of the tumour. The disease is then in an advanced stage and with an attack on bones has diffused itself on all sides. At this stage, even surgical treatment cannot effectively deal with the latter tumour, the patient is consequently subjected to the pangs of double maladies simultaneously.

11. Consumption

In this stage, the patient, like a consumptive, develops gradual wasting of his physique. As a result, the entire constitution undergoes emaciation, mild fever persists all the while, attended by cough, dyspnoea, anorexia, night sweat and other allied complications and vital power is gradually on the decline.

Here is related a curious incidence of sarcoma in two different limbs at one and the same time. A medicated plaster called "*Arvudári Prālep*" being applied to a sarcoma on the throat of a patient, the tumour on the throat descended down to the hip. Such being the case, one of the skilled surgeons of Calcutta was

sent for to examine the case, who, on examination, expressed his desire to perform an operation after two days. Alarmed at the prospect of the operation, the patient sent for me again, when I pronounced it to be a malignant tumour or the recurrence of the same tumour in a different site and as such opined against the contemplated operation and advised the application of the aforesaid "*Arvudári Pralep*", the administration of which caused the tumour on the hip to move upward and take its lodgment in the throat again. On the day appointed for the operation the surgeon turned up and was amazed to find no trace of the tumour.

CHAPTER III

THE TERTIARY STAGE OF THROAT-CANCER

1. Bursting of the Tumour

In the tertiary stage of the disease, some of the tumours already spoken of begin to burst, and from the ulcer caused thereby, pus and blood begin to pass out. The stench that is then emitted by the ulcer is extremely offensive. Often there is profuse bleeding from the bursting ulcer so much so that the patient's body turns quite pale and livid. With the dissolution of the tumour, a cavity abruptly appears through the exterior of the throat. This is an extremely horrible and distressful stage. The patient then loses the capacity to swallow his food which comes out through the opening, and at the time of coughing the expectoration passes out through the cavity. The patient is seized with suffocation and cannot express his mind except through putting it down in black and white.

2. Loss of Sleep

One of the most distressful complications characterising this stage is the loss of sleep, incapacity to take food despite strong appetite, anæmia attended with a serious type of œdema in the body, abnormal aggravation of *Vāyu* (air), onset of mild fever, ceaseless secretion of saliva and excruciating agony. Even various hypnotic drugs fail to relieve the patient of his insomnia.

3. Vomiting tendency

Another distressing and complicating feature of this stage is chronic nausea which causes the food while

being taken to be vomited up and a violent tendency to vomit, if the head is attempted to be raised up from the bed.

In some instances, this nauseating tendency assumes such a magnitude that the patient can take in no diet at all which is ejected as soon as swallowed. The paroxysms of vomiting cause strain to the tumour which in consequence begins to emit blood in profusion.

4 Profuse Hæmoptysis and Hæmorrhage from the half-dissolved tumour

Periodical but profuse bleeding at this period considerably debilitates the patient. This bleeding is aggravated by the application of radium which will be dealt with later on in connection with radium therapy. Sometimes the bleeding is so copious that the customary drugs and injections fail to produce any effect. The colour and character of the blood are sometimes dark and coagulated and at other times deep red.

The initial large-sized tumour that, gradually growing in size and taking a reddish hue, comes on the verge of bursting out some time later suddenly begins to send forth gushes of blood. It is exceedingly difficult to stop this bleeding, which, though somehow stopped for once, has every chance of recurrence. Besides, coagulated blood begins to accumulate inside the tumour for a length of time, and on suppuration, incessantly oozes out in the shape of pus and blood.

5 Swelling around the affected part

Though since the secondary stage, the patient's limbs begin to wither up, in the tertiary stage swelling appears in the withered limbs. This swelling first of all shows itself in the hands and feet and ultimately overspreads the entire frame. The preponderance of the

swelling is around the affected part. With the aggravation of swelling the action of the heart deteriorates and intense physical and mental lassitude follows in its wake.

6. Tumour

Those who are not from oedema but have emaciation in a preponderant degree are, in the tertiary stage, seized with violent tremor of limb which no doubt owes its origin to excessive weakness and emaciation.

7. Deprivation of the power to take food

One of the most complex symptoms of this disease is the decline in the power of taking food, despite appetite the patient is deprived of his capacity to eat. For want of nutrition slowly but steadily he plods on towards the grave. In some cases patients have been found to survive even for a month without a drop of water. Often it has been found that the gullet and the mouth, though clear, do not permit the patient to eat or swallow his food.

8. Loss of the power of speech

We have already referred to the hoarseness of voice which, gradually waxing, deprives the patient of his power of speech. The patient has then to give vent to his feelings either by writing or by signs and gesture. Speech is choked owing to the excessive growth of the tumour, obstruction of the trachea by mucus (*Sleshmā*), and owing to constant discharge of saliva through the opening in the throat. Growth of the fleshy nodule already spoken of, lock-jaw and paralysis of the tongue bring about complete loss of speech.

9. Rent in the throat

As the tumour starts to decompose and dissolve, in the final stage the throat develops a crevice. Too much

exposure by radium is also followed in no time by the sloughing off of the scorched skin and thus causing a rent in the throat. This is a very distressful plight.

10 Dyspnœa

In the final stage of throat-cancer, the patient suffers from a severe and intolerable type of dyspnœa. The suffering is the most excruciating in the case of those whose larynx is about to be choked up with the growing layers of membrane.

11. Breeding of worms in the ulcer

If, at the time of suppuration and dissolution of the tumour, the ulcer is not properly washed and cleansed through ignorance, white worms like parched rice (*muri*) breed therein. These worms may come out by 30's or 40's at a time.

12. Stench in the ulcer

At this time the ulcer emits such a fetid smell as is intolerable to the patient himself. For want of proper nursing many a patient meets a miserable end. Strong deodorisers fail to prevent the bad smell; in consequence no nurse can attend on him and the patient's condition worsens day by day.

13 Œdema

In the last stage of throat-cancer, a malignant type of œdema abruptly manifests itself in the face, ears, nose, throat and eyes. This œdema is too tormenting to allow the patient to take his meals. The intensity of the pain causes the patient to fall into a syncope. Sometimes the patient gets delirium with perverted looks and discoloured eyes.

14 Virulent Œdema in the eyes

The patient's eyes are also swollen so much so that one or both of them are closed over. Blister-like swelling also appears on the eye-lids and this time the patient experiences intense aching in the entire temple forehead and the base of the ears. The ache becomes so intolerable as to cause the patient to fall into a fainting fit. His head feels too heavy to be lifted up. Occasionally he becomes so much bloated as to make his neck, shoulder, eyes and face lose their demarcation line from one another.

15 Incapacity to expectorate saliva

This stage is marked by the secretion of profuse saliva inside the patient's mouth. The secretion is very hard, viscous and thick. However much he may try, he can hardly expectorate it. Saliva begins to accumulate in the mouth, generates a putrid smell owing to which the patient cannot take his food. The patient himself cannot stand the stench, not to speak of his attendant.

16. Aching in the different limbs

From the very inception of the disease, acute pain is felt in the ears, head, neck and throat. Besides, throbbing pain afflicts the joints of the entire body. The more the patient gets emaciated, the more grows the intensity of the pain.

17. Lock-jaw

When the fleshy nodules in the throat get abnormally enlarged and lodge themselves tight on the throat, and branches and sub-branches from the parent knot diffuse themselves throughout the length and breadth of the pharynx and the larynx, the patient's jaws are locked up. He cannot open his mouth but can only pass a small quantity of food by exception.

milk and water, those articles of food which are to be taken by opening the mouth have to be abandoned by him.

18. Paralysis of the tongue

At this stage the patient's tongue gets heavy and his utterance becomes indistinct. Some of the patients cannot even tell the taste of a particular thing, that is, whether it is bitter or sweet. Gradually the patient is deprived of the power of moving his tongue.

19. Discharge of watery blood

This state is marked by hæmorrhage with saliva and pus. The hæmorrhage occasionally occurs in clots and lumps. Periodical bleeding of this type results in the patient's body turning pale and livid.

20. Aversion to food

At this stage the patient develops a morbid antipathy to all kinds of foodstuff. In the secondary stage of the disease, the patient has no doubt a keen appetite but cannot partake of anything owing to dysphagia. Owing to tasting no palatable item of diet for a protracted period, he in the long run gets a severe type of anorexia.

21. Chronic fever

In this stage, most of the patients suffer from a chronic febrile condition. In tubercular infection, temperature runs high towards the evening, which, continuing for the whole night, declines on the morrow. The pulse-rate is always fidgety.

22. Thirst

Some of the patients suffer from an insatiable thirst which, however, cannot be easily allayed owing to the difficulty of swallowing even water. This is doubtless a very tormenting situation.

23. Chronic Diarrhœa

At this time the patient's bowels become loose, with frequent motions which weaken the already emaciated constitution of the patient. Gradually the looseness of motions turns into chronic diarrhœa, which, combined with fever and discharge of pus, reduces the patient still further.

24. Putrefaction from the pharynx to the stomach

In this stage of throat-cancer, the ulcer in the throat gradually extending downward reaches up to the stomach. At this time the patient passes stools mixed with blood and pus. Some again discharge blood and pus with saliva. There being no respite in the discharge of saliva, the patient has to get a vessel always handy by his side. He is entirely deprived of the capacity to take any food and has to pass whole nights without a wink of sleep. If, somehow, a particle of food make its way through the gullet, it instantly causes a burning sensation.

25. Affection of the Lungs

Throat-ulcer is also found gradually to invade the lungs. In this state the patient is subjected to great difficulty of respiration and cannot turn his sides owing to acute agony.

26. Exit of food through the nostrils

Oftentimes the glands of the throat being enlarged invade even the muscles of the œsophagus. As a result, the œsophagus gets contracted and *Vāyu* takes an upward course. Any food, taken in this stage, brings about suffocation and the inside of the throat being subjected to impact, profuse hæmorrhage and other symptoms do not improve. The patient's condition is one of rapid deterioration.

27. Impairment of the nose

Many a patient's nose is impaired at this time and he has to speak with a nasal intonation. Some even have their speech involved. The ulcer of the throat taking an upward course often penetrates the palate and extends up to the nasal cavity. The patient even loses the sense of smelling.

28. Acute head-ache

In the final stage of throat-cancer, acute head-ache is one of the most distressful symptoms. The tissues of the enlarged tumours spreading around the head cause excruciating pain. The more painful of the tumours are those that originate on the exterior of the throat and thrive like an ant-hill, or those that show no indication of either ripening or suppurating, or those that assume the hardness of a stone.

This pain overspreads the head, the bases of both the ears, the neck and even the back. The intensity of the agony often impels the patient to put an end to himself by suicide.

Temporary relief is no doubt afforded by the administration of drugs of strong potency but the action of the drug exhausting itself the pain is aggravated all the more. Constant suffering enfeebles the patient overmuch, his vitality declines further and further and, fever, respiratory trouble, hæmoptysis, dysorexia, incessant salivation and other allied and concomitant complications render the plight of the patient all the more horrible.

29. Profuse bleeding from the slightest injury

In the final stage of a cancerous ulcer, the slightest injury to it causes profuse bleeding. The least movement on the part of the patient is attended with a virulent

discharge of blood. The ulcer of the suppurating tumour gradually goes deeper and deeper. In this state the patient is always restless and sleep forsakes him.

30. The final stage of cancer due to the growth of thin layers of membrane in the throat

While dealing with the primary stage of throat-cancer, we had occasion to make reference to hoarseness of voice among its other symptoms. We have also elaborately described that this symptom is due to nothing but the growth of layers of flesh inside the throat.

The prognosis of this type of cancer is very unfavourable, because escaping, as it does, diagnosis for a long time as a cancerous growth, it is allowed a free and unimpeded development round about the entire throat. In the long run, the patient completely loses the capacity to swallow any article of food; there is ceaseless discharge of saliva from the mouth and occasionally, profuse hæmorrhage. In this stage, the patient suffers from chronic fever just like a consumptive and owing to anæmia the body turns pale and livid and complex symptoms such as dyspnœa, hæmoptysis, dysorexia, nausea, drowsiness and torpor etc. intervene.

31. Inability to take food

How a man dies by inches for want of food is manifest from the case of a cancer patient. Acute is his hunger and insufferable is his thirst, yet he is unable to take a morsel of food or a drop of water.

The fluid substances of his body like chyle and blood etc. begin to come out in the form of saliva through the mouth. The accumulated *Sleshmâ* (mucus) in the throat, the upward *Vāyu* and the excessive growth of the tumour choke up the patient's gullet, deprive him completely of the capacity to partake of any food whatever and gradually bring about his end.

32. Metastasis of Sarcoma to throat from another part of the body

In certain cases, a sarcoma appearing in one part of the body shifts itself shortly to the throat. It is due to the application of radium that cancer migrates from one limb to another. The attack on the latter limb is usually far more virulent.

CHAPTER IV

THE FINAL STAGE OF CANCER IN THE THROAT

1. Incessant Vomiting

One of the pronounced symptoms among the distressing ones that appear in the ultimate stage of throat-cancer is chronic vomiting. Owing to the loss of the power of deglutition, whatever the patient tries to swallow is ejected. As a result of the incapacity to take any food and incessant vomiting, the patient gradually approaches death.

2 Excessive Salivation

Another characteristic symptom at this stage is the ceaseless discharge of watery saliva which is sticky and rancid in smell. The little vitality, that is left after protracted suffering, declines owing to this exudation of saliva. Any attempt to stop this saliva by means of drugs is followed by acute pain in the head ears and throat. Owing to the excess of agony the patient often falls into a fainting fit

3. Discharge of Pus

We have said earlier that no pus is generally formed in a cancerous ulcer. Formation of pus makes it insupportable. The final stage of the disease is marked by the discharge of extremely fetid pus and also the breeding of large-sized worms.

4. Continuous Hæmorrhage

Throat-cancer in its last stage has *continuous* bleeding as one of its most prominent *symptoms*

5. Another characteristic symptom is *profound* lassitude with perpetual *drowsiness*

6. Some patients at this stage fall into periodical fainting fits from which they gain recovery after a while.

7 Delirium also appears at times and the patient sometimes responds to a call and sometimes not.

8. In some cases, in the final stage, the patient is found to be attacked with a virulent type of dysentery which enfeebles him all the more.

9 Last of all, the patient loses his sense of sight and becomes insensible to the external world. In some cases this state of torpor continues for days together. It is but slowly that a cancer patient approaches death and that after a spell of ineffable agony.

CHAPTER V

THE SHASTRIC ÆTIOLOGY OF THROAT DISEASES

In the ancient texts on Ayurveda no mention is found of a disease answering to the modern nomenclature of Cancer or "Karkat". It is a disease owing its origin to the vitiation of blood by dual or triple *doshas* (i.e., *Vāyu*, *Pitta* and *Kapha*). Throat-cancer has an exact resemblance to the disease designated as "Rohini" in Ayurveda; as a matter of fact, throat-cancer and "Rohini" may be regarded as identical. The Ayurvedic denomination of Cancer is "Visarpita Raktārvudh".

Ætiology

The aggravated *Vāyu*, *Pitta* and *Kapha*, either severally or conjointly vitiate the blood and flesh and produce fleshy nodules on the throat. These nodules, when aggravated and overgrown, put an end to the patient's life. This is the ætiology of throat-cancer.

In Ayurveda, *Rohini* is of five types, besides which there are thirteen other varieties of diseases of the throat and the larynx. Among these the five types of "Rohini" and Cancer of the throat have no other distinction than that of nomenclature.

Five types of "Rohini"

They are due to the derangement of (1) *Vāyu*, (2) *Pitta*, (3) *Sleshmā*, (4) the combined action of the three, and (5) the vitiation of the blood.

In *Vātaja Rohini*, a vegetation of fleshy nodules crops up all over the tongue. It is extremely painful and tends to choke up the passage of the throat.

In Pittaja Rohini the nodules have a speedy growth and suppuration accompanied by a burning sensation as also fever.

In Sleshmaja Rohini, the nodules are hard and obstruct the passage of the throat and scarcely reach a suppurating stage.

In Sannipátaja Rohini, which is due to the derangement of the three *doshas*, suppuration takes place in the deeper recesses and is extremely intractable.

The Raktaja type resembles the Pittaja type and fleshy growths are usually covered with vesicles.

We are giving below a description of the thirteen types of diseases of the throat that have been dealt with in Ayurveda besides the aforesaid five kinds of Rohini.

Varieties of diseases of the throat

Diseases of the throat are thirteen in number, viz., Kantha-Sáluka, Adhijihva, Valaya, Valása, Ekavrinda, Vrinda, Sataghni, Giláyu, Kantha-Vidradhi, Galaugha, Svaraghna, Mánsatána, and Vidári.

Kantha-Sáluka

The deranged *Sleshmá* gives rise to the formation of a hard and rough knot like the seed of a plum on the throat. It inflicts pain like the pricking of a thorn. This disease yields to surgical treatment alone.

Adhijihva

Deranged *Sleshmá* joined with blood produces a sort of swelling like the tip of a tongue over the base of the tongue. It becomes incurable when it begins to suppurate.

Valaya

Deranged *Kapha* produces a ring-like, circular and raised swelling in the throat. This is called "Valaya." In this disease, the œsophagus gets obstructed.

Ekavrinda

Deranged *Kapha* in conjunction with blood gives rise to slightly elevated and circular swelling. It is attended with a burning and itching sensation and slight suppuration.

Vrinda

Blood being vitiated by the aggravation of *Pitta* produces a type of elevated and circular swelling in the throat. It is attended with a burning sensation and high fever.

Sataghni

The concerted action of the deranged *Váyu*, *Pitta* and *Kapha* generates in the throat hard excrescences of flesh like a *Vari* (wick). Various kinds of distressing symptoms like itching and burning characterise this type which generally proves fatal.

Giláyu

The swelling, slightly painful and hard like the stone of a *Amalaka* fruit, that is produced in the throat by vitiated *Kapha* and blood is called "Giláyu." It creates the sensation as if a morsel of food is stuck up in the throat.

Gala-Vidradhi

This is a disease in which the combined action of the deranged *Váyu*, *Pitta* and *Kapha* gives rise to swelling over the entire area of the throat and partakes of the characteristics of "Sánnipátik Rohini." It is of fatal prognosis.

Galaugha

Deranged *Sleshmá* combined with blood produces an extensive swelling in the throat, which obstructs the passage of any solid or liquid food and that of “ *Udána Váyu* ” and is attended with fever.

Svaraghna

The disease called “ *Svaraghna* ” is caused by the aggravation of *Váyu*. In this disease, owing to the choking of the larynx the patient falls into fainting fits with stertorous breathing, dryness of throat and hoarseness of voice.

Mánsatána

The deranged *Váyu*, *Pitta* and *Kapha* cause an extensive and elongated and extremely painful swelling in the throat which is thereby gradually obstructed. This is called “ *Mánsatána* ”

Vidári

Aggravated *Pitta* gives rise to a swelling in the throat, marked by a burning and pricking sensation. The swollen flesh gets putrefied, emits a very foul smell and the affected flesh gradually sloughs off. The disease is found to attack that side of the throat on which the patient is habituated to lie.

CHAPTER VI

TREATMENT IN THE PRIMARY STAGE OF CANCER

Almost all types of cancer make their first appearance in the shape of a tumour which is sometimes more than one in number. The tumour or tumours appear rather innocuous at the outset and owing their origin to the vitiation of one or two of the humours are not very painful in the incipient stage and are, as a rule, taken no serious notice of. Unless and until a tumour begins to cause pain, nobody earnestly seeks for its alleviation.

Why does a non-malignant tumour appear in the body?

This is a question that is most natural to arise in the mind. Despite whatever the foreign physicians may aver, Ayurvedic physicians are firm in their opinion that these tumours owe their origin to the derangement of *Kapha* (phlegm) and *Pitta* (heat) in the human constitution. In most cases, to be sure, aggravation of *Kapha* (phlegm), and excess of unassimilated chyle, poverty of blood, indigestion, excess or deficiency of *Pitta*, decline in vitality, decay in bone, vitiation of fat, foreign infection and its long-standing lodgement in the blood are the causes that lead to the growth of tumours in the human body. Besides, deficiency in nourishment is also mainly responsible for the formation of tumours.

Treatment in the first stage of tumours

1. Adityarasa :—To be taken at 7 A.M. with ginger-juice and honey. In case of nausea caused by this medicine lemon-juice acts as an antidote.
2. Raudrarasa :—To be taken at 10 A.M. with the juice of white *Punar navá* or betel leaves and honey.

3. Sáribádyásava :—To be taken twice after the principal meals with an equal quantity of cold water. Dosage—4 drams.

4. Pravála Yoga :— At 4 P.M. To be rubbed with honey and mixed with tepid milk before taking

5. Udayabháskara :—To be taken at 7 P.M. with the juice of *Amragandhi Haridrá* (Mango Ginger) and honey.

Diet

Milk and *sandesh* in the morning ; rice, pulses and vegetables at noon ; ripe fruits in the afternoon ; *luchis*, vegetables and rice cooked with milk at night Fish and meat are to be avoided.

Prohibitions

Leafy vegetables, sour and indigestible foods, day-time sleep, night-keeping, drinking of wine and cohabitation with wife.

Treatment of malignant tumours

A non-malignant tumour, after lodging in the system for some time, turns out to be malignant in course of time owing to faulty diet and conduct. It then develops in size, assumes rigidity and the afflicted part becomes painful In some cases, the patient experiences a burning sensation and piercing pain with discharge of saliva and hæmorrhage. It ulcerates, gradually putrefies and sloughs off with excessive bleeding. This stage requires the following prescription :—

1. Mánikya Rasa :—At 7 A.M. Vehicles—Juice of *Amragandhi Haridrá* and honey. A decoction of the following is then to be taken.—Myrobalan, dried ginger, root of castor tree and the bark of *Kánchan* tree should

each be taken in quantities equal to $\frac{1}{2}$ *tola* and boiled in half a seer of water until the residue is only $\frac{1}{8}$ th of a seer into which is to be sprinkled two annas of rectified *guggulu*.

2. Brihat Loknátha Rasa :—At 10 A.M. Vehicles :—Juice of ginger and honey.

3. Sáribádyásava :—4 drams to be taken with an equal quantity of cold water after the two principal meals.

4. Mahábhallátaka .—To be taken at 4 P.M. with lukewarm milk and sugar. Dosage—Half a *tola*

5. Mahálakshmivilása Rasa :—At 7 P.M. To be pounded with honey and then taken with tepid milk

An alternative Prescription

1. Vansapatra-Haritála-bhasma .—At 7 A.M. To be taken with ten drops of clarified butter obtained from a cow's milk. Dosage.— $\frac{1}{16}$ th of a *ratī*

2. Drákshárishta :—To be taken twice after meals. Dosage—4 drams with an equal quantity of water.

3. Panchatikta-ghrita-guggulu :—To be taken at 5 P.M. with tepid milk.

4. Mahálakshmivilása-rasa .—To be taken at night with tepid milk

Diet

Food cooked with *ghee* should be taken. Oil, fish and meat are prohibited. The quantity of *ghee* should be at least one *chhaták*.

The above prescription, if followed, reduces the size of the tumour. A malignant tumour produces pain at a certain stage. The afflicted part becomes as hard as

Saliva begins to ooze out, fever sets in and pain is experienced at a particular hour of the day. The veins and tissues round about the tumour are affected with pain and swelling. For speedy alleviation of pain the following plaster is found to be efficacious at this stage .—

Ginger-juice, juice of the bark of Sajiná (Sobhánjana), juice of Dhuturá leaves (Dhustura), juice of Manasá Sij (Sehunda), juice of leaves of Akanda (Arka), juice of Tekátá Sij (three-forked Snuhi)—each one *tola*. Opium—one anna, Aloes—six *tolas*, Samudraphen—one *tola*—all these are to be mixed and applied as a plaster

In addition to the above external plasters, the following recipe for internal use may prove beneficial :—

1. Somnáthtámra .—To be taken at 7 A M. with the juice of ginger and honey

2. Khadirárista .—To be taken with cold water twice daily after meals.

3. Raudra-rasa .—At 2 P M. with the juice of betel leaves and honey

4. Kaisara-guggulu —To be taken at 5 P M with the decoction of “Mahárásnádi Páchan”.

5. Mahátaleswar-rasa .—At 8 P M. to be taken with the powdered seeds of “Somaráji”.

When the excessively developed tumour causes an extensive swelling so as to cause the neck and the shoulder to merge into each other, the administration of “Rasa-Parpatí” or “Támra-Parpatí” with the strict discontinuance of water and salt proves very efficacious. The excruciating pain in the tumour is relieved by the application of the following liniment called “Kubja-kuthar Taila”.

The method of preparing "Kubjakuthár Taila":—

Mustard oil—4 seers.

For decoction—Kunchilá (Kupilu)—1 seer ; seeds of Dhustura (Datura)—1 seer, Tobacco leaves— $\frac{1}{2}$ seer ; Black-pepper— $\frac{1}{2}$ seer ; Water—64 seers ; residue—16 seers.

For *Sneha*—Juice of Datura leaves—2 seers ; juice of Arka leaves—2 seers

For *Kalka* (ingredients pounded with water)—(1) Garlic—2 annas ; (2) White incense—2 annas ; (3) Aloes—2 annas ; (4) Manahsilá—1 anna, (5) Bhallátaka—1 anna ; (6) Rock Salt—1 anna ; (7) Seeds of Alkushí (Atmaguptá)—1 anna ; (8) Leaves of "Nisindá" (Sindubára)—1 anna ; (9) Camphor—1 anna ; (10) Opium—1 anna, (11) Gánjá (Indian hemp)—1 anna ; (12) Siddhi (hemp)—1 anna, (13) Dried Ginger—1 anna—all these to be pounded with one seer of water and then boiled in 16 seers of water.

The insufferable pain of cancer is relieved by the application of this oil.

To relieve the pain that occurs at a fixed hour the undermentioned "Rasonádi Kasháya" is found to be very efficacious, specially when the patient is gouty.

Garlic—11 annas ; Dried ginger—11 annas, leaves or roots of Nisindá (Sindubára)—11 annas—all these are to be boiled in $\frac{1}{2}$ a seer of water until only one-fourth of the water remains—to be taken in the morning.

The following anodyne pill may be used to relieve the unbearable pain.—

(1) Amrita (Aconite) ; (2) Seeds of Datura ; (3) Garlic, (4) Kunchilá, (5) Siddhi, (6) Opium ; (7) Mercury ;

(8) Sulphur; (9) Asafoetida; (10) Manahsilá, (11) Leaves of Nisindá (Sindubára); (12) Seeds of Alkusi (Atmaguptá); (13) Seeds of Siddhi; (14) The kernel of Bhallátaka; (15) Dried ginger—each taken in equal quantities to be pounded with water saturated with Indian hemp and then made into pills of 2 *ratís* each To be taken with tepid water.

In case of excessive growth of the tumour the following prescription is highly beneficial:—(1) Mahá-káleswar-Rasa—At 7 A.M with the juice of Amragandhi-Haridrá and honey. (2) Somanátha-támra —At 10 A.M with the juice of ginger and honey. (3) Khadirárishta—4 drams with an equal quantity of cold water twice after meals. (4) Sitári-Rasa to be taken at 4 P.M with heated clarified butter and one anna of powdered Black-pepper. (5) Panchatikta-ghrita-guggulu to be taken at 7 P.M with tepid milk.

Diet—A liberal quantity of clarified butter and milk (cow's). All edibles should be cooked with *ghee*.

In case of the tumour putrefying and sloughing off, treatment is to be carried on according to the following prescription :—

1. Orpiment (baked with white mica) with the juice of 'Amragandhi-haridrá' and honey Dose—2 *ratís*.

2. Udayabháskara Rasa—With ginger-juice and honey. Then the decoction of "Madhyama-Manjisthádi Páhana."

3. Khadnárishta—To be taken twice after meals with an equal quantity of cold water

4. Galatkushthári Rasa—To be taken with powdered seeds of "Somaráji" and honey.

5. Panchatikta-ghrita-guggulu—To be taken at 7 P M. with tepid water

Diet.—A liberal quantity of cow's milk and ghee.

N.B.—For the preparation of the above medicines, vide my *Rasachikitsá*, Pts. II and III.

Putrid tumours with hæmorrhage should be treated according to the following prescription :—

1. Reduced orpiment called “Bansapatra Haritála”— $\frac{1}{16}$ th rati to be taken with honey and ghee. Then 2 tolas of the juice of *Vákasa* leaves and $\frac{1}{2}$ tola of honey to be taken.

2. Rectified Hingul (*Sulphide of Mercury*)—2 ratis to be taken with the juice of the leaves of “patol”, honey and sugar.

3. Drákshárishta—Twice after meals with an equal quantity of water.

4. Pravála-yoga—To be taken in the afternoon with the juice of “Ayápán” and honey.

5. Mahátikta-ghrita—In the evening with tepid milk.

Diet.—Milk mixed with heated ghee (cow's) and the juice of sweet fruits.

CHAPTER VII

TREATMENT OF COMPLICATIONS IN CANCER

The following are the complications generally found in this disease :—

(1) Growth of flesh ; (2) Hoarseness of voice ; (3) Pain ; (4) Salivation ; (5) Fever ; (6) Hæmorrhage ; (7) Vomiting ; (8) Dysorexia ; (9) Difficulty of respiration ; (10) Dryness ; (11) Constipation ; (12) Discharge of pus , (13) Swelling ; (14) Dysentery ; (15) Convulsion ; (16) Breeding of worms in the sore ; (17) Suspension of speech ; (18) Insomnia ; (19) Obstruction of the throat ; and (20) Delirium.

1. Treatment of fleshy growth

The fleshy growth in cancer should be treated according to the following prescriptions :—

1. Administration of copper (reduced with mercury and sulphur)—At 7 in the morning 2 ratas of it with ginger-juice and honey

2 Administration of “Jatu”—One anna of gold, or iron, or copper with reduced “Silájatu” to be pounded with clarified butter and honey and then to be taken with the decoction of “Kur” (Kustham) and “Gokshur” at 10 A M.

3 Khadirárishtha—4 drams to be taken twice after meals.

4 Raudrarasa—To be taken at 4 P M with the juice of white “Punarnavá” and honey.

5 Amritábhallátaka Ghrita—To be taken at 7 P.M. with milk and sugar

Diet.—Rice and vegetables cooked with clarified butter and a liberal quantity of milk

Prohibited.—Fish, meat, leafy vegetables and acids.

Prescription No. 2

In a too much aggravated stage of the disease the following prescription is of particular efficacy.—

“Kushthānta-Parpati” or “Tāmra-Parpati” or “Lauha-Parpati,” if taken in accordance with the rules to be observed for the administration of “Parpati,” suspends the growth of flesh.

Prescription No. 3

The administration of “Parpati” being not feasible, 2 rats of reduced “Kānta Lauha” taken with the decoction of the herbs of the group “Sālasārādī” yields excellent results

2 Treatment of Hoarseness

Hoarseness due to growth of flesh

1 Purified copper (treated with mercury and sulphur)—To be taken in the morning with the juice of ginger and honey

2 Tryambakābhra Rasa—At 10 A M.—To be taken with the powder of dried ginger, sugar and honey.

3. Drākshārīṣhta—To be taken with cold water twice after meals

4 Nidīgdhikāvaleha—To be taken with tepid milk at 4 P M.—*Bhābaparakāsa*.

5 Brāhmi-Ghrita—To be taken at 7 P M. with tepid milk.

*Hoarseness due to the growth and ulceration
of the tumour.*

1. Pitakávaleha—To be taken at 7 in the morning with honey.
2. Bhairaba-rasa—To be taken at 10 A.M. with powdered “Kur” (Kushtham) and honey.
3. Drákshárishta—To be taken with cold water twice after meals
4. Basantatilaka-rasa—To be taken at 4 P.M. with the juice of “Bráhmī” and honey.
5. Rectified “Amlásár Gandhaka”—2 to 4 annas of this kind of sulphur to be pounded with clarified butter and to be taken with tepid milk at 7 in the evening.

Hoarseness due to Wasting

1. Incinerated copper—To be taken with ginger-juice and honey at 7 A.M.
2. Sáribádyásava—With an equal quantity of water twice daily after meals.
3. Rectified Sulphur called “Amlásár”— $\frac{1}{4}$ tola to be taken with clarified butter and milk at 4 P.M.
4. Bátári Rasa—At 7 P.M. with the decoction of dried ginger and the root of a castor tree.

Hoarseness is alleviated by gargling with honey in the morning, with clarified butter at noon and with hot mustard oil in the afternoon.

3. Treatment for pain

Pain is the most insuperable complication in cancer. If neglected at the outset, it becomes uncontrollable. “Támra-Parpatī” is a sovereign and tried medicine for all types of pain.

Whatever type of pain may afflict any part of the body, it is sure to be relieved by the use of "Tāmra-parpati" gradually increasing its dose in accordance with the rules regulating the administration of "Parpati."

"Svarṇa-Parpati," "Vajra-Parpati", in default, even "Rasa-Parpati" gives the same result. If the use of "Rasa-Parpati" brings on too much dryness, 2 rats of reduced cold taken with *śleśā* and honey restores the overacted "Vāyu," which is the cause of dryness, to its equilibrium.

The uncontrollable pain of cancer that does not yield to deep X-ray or radium is relieved by the administration of "Tāmra-Parpati." In case the use of "Parpati" is not effectual, the following prescription should be followed:

1. Tāmbū-chūṇa (incinerated copper) - 2 rats at 7 A.M. in the morning. 1 *chāler* - 2 tols of ginger-juice; 1 tols of lemon-juice; 1 tols of honey; 1 rat of *niśāda* fried in pure *śleśā*.

2. Vitapācendrasūtra At 10 A.M. with the decoction of *gāthā*, dried ginger and *Nihindā* (Sindur-*Uṣā*).

3. Dāmaṇṇī-hita or Vajragandhārīṣṭa - 1 drams with an equal quantity of water twice after meals.

4. Satīri-raśa At 1 P.M. with one anna of powdered black pepper and heated clarified butter (cow's).

(a) Kubjakaṭhāra-taila (oil) rubbed on the painful part relieves the unbearable pain.

(b) Pralep (plaster) on the pain-stricken part—*Aconite*, '*Lāṅgalivisha*', roots of oleander tree, of '*Akanda*' (*Arka*), of *Dātura*, of '*khuti*' (*rischikuli*),

leaves of Nisindā (Sindubāra), seeds of Alkusi (Atmaguptā), castor-seeds, white mustard-seeds, black sesamum, linseed, white 'Punarnavā', seeds of 'Sajinā' (Sobhānjana), hemp-seeds, seeds of radish, rock-salt, garlic, aloes, 'Sarjikākshāra' (fuller's earth), wheat, sun-dried rice, bark of 'Arjuna' tree, root of castor-tree, 'Manahsilā', leaves of 'Siddhi,' 'Bhallātaka', dried ginger—all these taken in equal quantities to be made into a paste with sour curds and in a tepid state to be plastered on the tumour. This relieves the pain of tumour.

(c) Fomentation with leaves of *Siddhi* tied in a piece of cloth stops the unconquerable pain of tumour.

(d) After rubbing the affected part with "Brihat Samdhabādī" oil and "Kubjaprasāraṇī" oil and with clarified butter of a long standing, fomentation with rock-salt and Māsa-pulse (kidney-bean) tied together in a bundle and heated on burning charcoal relieves the intense pain of tumour.

(e) The anodyne (Vedanā-nāshak) pill, already referred to taken with tepid water relieves pain

4. Discharge of Saliva

Discharge of saliva is one of the most indomitable symptoms of secondary cancer. The commencement of salivation is a pointer to the advanced stage of the disease and to the fact that the essential fluids of the patient's body issuing out in the shape of saliva are gradually devitalising the patient. When salivation has continued for some time, wasting and emaciation set in in the patient's constitution.

The following prescription has the effect of putting a stop to the irresistible complication of salivation.

1. Haritāla-Bhasma (incinerated orpiment)— $\frac{1}{16}$ ratī with $\frac{1}{2}$ tola of ghee. Diet— $\frac{1}{8}$ to $\frac{1}{4}$ seer of ghee (cow's) and

one seer of hot milk per day. Besides, rice and curry prepared with clarified butter made from cow's milk should be taken. The juice of luscious ripe fruits should form a part of the diet. In case of difficulty in swallowing owing to the enlargement of the tumour in the throat, milk with heated ghee (cow's) should be taken.

2. Drákshárishta—4 drams to be taken with an equal quantity of cold water twice daily after meals.

3 Mauktika-yoga—To be taken at 4 P.M. with tepid milk. *Method of preparation*—Prabál (coral), Mukta (pearl), Sankha (conch-shell), Suktá (oyster), Karí (cowrie) and Makaradhwaja, each taken in equal quantities should be steeped in sour curds for seven days and made into pills of 6 ratis each.

4 Naradiya Lakshmvilásha-Rasa—To be taken at 7 P.M. with tepid milk.

The above course of treatment puts a stop to salivation. If vitality be on the decline salivation increases.

In many cases the administration of Brihat Chandrodaya-Makaradhwaja, Brihat Sringarábhra-Rasa, Vasantatilaka-Rasa, and Vasanta-Kusumákara-Rasa has the effect of preventing salivation.

5. Treatment of fever in throat-cancer

Fever appears at the secondary stage of cancer. It is not that fever is absent before that stage. But in the advanced stage, that is, when it assumes the character of consumption, the patient, like a consumptive, begins to suffer regularly from fever. In some cases, the patient gets periodic attacks followed by remission. When the disease is advancing, the patient becomes more and more debilitated after each attack. After suffering for some time from such occasional bouts, the patient begins to run temperature daily in the afternoon in T

with remission in the morning. In a few cases, however, the fever is chronic but this is not universal. The fever that is attendant on throat-cancer is in most cases due to the aggravation of phlegm. With the subsidence of phlegm, fever also generally disappears. Fever is only due to the aggravation of one of the *doshas* and also the decay of the constitution in the most advanced stage of the malady. In that state the fever does not entirely subside unless the decay is recouped.

Fever in the first stage of cancer is to be diagnosed by reference to its immediate exciting cause, i.e., whether it is due to the derangement of *Váyu* and *Sleshmá*, or *Pitta* and *Sleshmá* and medicines administered to purpose serve to bring about a remission.

In the first stage of throat-cancer, when the patient gets occasional bouts of influenza, i.e., fever due to the aggravation of *Váyu* and *Sleshmá*, a prescription of the following medicines is recommended :—

1. Mrityunjaya-Rasa—At 7 in the morning with the juice of ginger and honey.

2. Vátagajánkusa—At 10 A.M. with the juice of the root of castor tree and honey.

3. Tripurári-Rasa—At 1 P.M. with ginger-juice and honey.

4. Mahálakshmvilásha-Rasa—At 4 P.M. with the juice of ginger and betel-leaves and honey.

In case of fever due to “Pitta” and
“Sleshma”

1. Jwaránkusha—At 7 A.M. with ginger-juice and honey.

2. Hinguleshwara-Rasa—At 10 A.M. with the juice of the leaves of *Patol* and honey.

3. Tripurári-Rasa—At 4 P.M. with ginger-juice and honey.

4. Mahálakshmi vilásha-Rasa—At 7 P.M. with the juice of ginger betel leaves and honey.

Fever in the secondary stage of throat-cancer is curable by a prescription of the following medicines :—

1. Svetábhraputadagdha Haritála (Orpiment burnt with white mica)—At 7 in the morning; dose—2 *ratis*, with ginger-juice and honey.

2. Rectified Hingul (Sulphide of mercury)—at 10 A.M., 2 *ratis* with the juice of the leaves of *Patol*, sugar and honey.

3. Mauktika yoga—At 1 P.M. with ginger-juice and honey.

4. Siddha-Makaradhwaja—At 4 P.M. Dose— $\frac{1}{4}$ *rati* with the juice of *tulasi* leaves and honey.

In the final stage of the disease, if fever is chronic.—

1. Haritála-Bhashma (incinerated orpiment)— $\frac{1}{16}$ *rati* at 7 in the morning, with ten drops of clarified butter prepared from cow's milk.

2. Rajamrigánka—2 *ratis* at 10 A.M. with clarified butter and one anna of black pepper.

3. Dasamulárishta—4 drams with an equal quantity of cold water twice daily after meals.

4. Brihat Drákshádi-ghrita—At 4 P.M. with tepid milk.

6 Treatment of vomiting in throat-cancer.

1. One to two *ratas* of *amritikṛita Tāma* (copper) alone taken with the juice of ginger and honey can stop all types of vomiting.

2 Vomiting is stopped by *Vamanāmrita-rasa*, *Sudhānidhi-rasa* or *Brishadhvaja-rasa* taken with the decoction of 'gulancha' "Amritādi Kashāya" mentioned in the treatment of leprosy is useful in this type of vomiting.

3 In an aggravated stage of the disease, irresistible vomiting is stopped by 4 *ratas* of "Prabāla Bhasma" (incinerated coral) taken with the water of green cocoanuts.

7 Treatment of Haemorrhage

Hæmorrhage from ulcer or tumour in the throat can be stopped by taking medicines according to the following prescription :—

1. Rectified 'Hingul' (Sulphide of Mercury)—2 *ratas* at 7 in the morning, with the juice of the leaves of 'Patol', sugar and honey.

2. Vahuputita Lauha-Bhasma (iron incinerated after baking a good number of times)—At 1 P M. with the juice of Vākasa and honey. (*Bahuputita Vāritara-Lauha-Bhasma*).

3 Haritāla-Bhasma (incinerated orpiment)—At 4 P M with 10 drops of *ghee* prepared from cow's milk. Then the juice of the leaves of marigold flower to be taken with honey.

4 Red Sandal-wood—1 *tola*; Liquorice—1 *tola*; water— $\frac{1}{2}$ *seer*—to be boiled to leave a residue of only $\frac{1}{3}$ *seer* which is to be taken

5. In case of bleeding in spurts from a tumour on the exterior of the throat, the juice of the pith of a plantain tree or of the root thereof is to be sprinkled. This can prevent hæmorrhage.

Hæmorrhage from an ulcerating tumour on the exterior part of the throat can be stopped by washing the sore with the following decoction —

(a) *Haritaki*, *Amalaki*, *Bibhitaka* (the three myrobalans), leaves of *Neem*, leaves of plum tree, leaves of *Sondal*, bark of a mango tree, bark of a black-berry tree, bark of an acacia tree, bark of a *Bahula* tree, bark of a banyan tree, bark of a *pecpul* tree, bark of a *Pakur* tree, bark of a fig tree, the roots of *Alanda*, of *Dáturá*, and of oleander, barks of *Kadamba*, of *Kurchi* and of *Arguna*—one tola of each to be taken and boiled in 5 seers of water until only one-fourth of the water remains. Washing the sore with this decoction cleanses the ulcer and prevents hæmorrhage.

(b) The three myrobalans (*Haritaki*, *Amalaki* and *Bibhitaka*), leaves of *Neem*, turmeric, *Hirálash*, *Rasánjana*, *Khunháráp*, *Daruharidrá*—2 tolas of each to be taken and pounded and then to be boiled in 8 seers of water until the remainder is only 2 seers. Washing with this lotion stops bleeding from the tumour and its putrefaction.

6 Hæmorrhage from inside the throat is stopped by taking “*Pravála-Bhashma*” with the juice of either “*Kukursonká*” or “*Ayápán*” with honey.

7 An emulsion (*Avaleha*) made from the juice of the leaves of a fig tree, if taken with cold water, stops bleeding.

The above emulsion, when plastered on the surface of an external tumour, can prevent hæmorrhage.

8. Treatment of Dysorexia (loss of appetite) in throat-cancer.

1. *Aditya-Rasa*—To be taken with ginger-juice and honey. It is a sovereign remedy for all types of dysorexia.

2. Antipathy to food is cured by taking ginger-juice and heated *ghee* (cow's) mixed together.

3. 'Panchatikta-ghrita-guggulu'—Taken with hot milk removes aversion to food.

9. Treatment of Dyspnœa in throat-cancer.

1. Haritála-bhashma (incinerated orpiment)— $\frac{1}{16}$ th ratī with heated clarified butter prepared from a cow's milk, or ginger-juice and *ghee*, or *ghee* and hot milk to be taken.

After taking this medicine, the patient is to take a cold bath and to drink *ghee* with tepid milk several times.

2. If breathing difficulty be due to obstruction of throat, it will be relieved by taking through the mouth the vapour arising out of the water boiled with the following drugs :—

Pulverised black pepper—1 tola; powdered turmeric—1 tola, camphor—1 tola—these are to be boiled in a vessel filled with 8 seers of water and the fume is to be introduced into the gullet through a paper-tube. (It is better to take the help of a *Bahayantra* for this purpose)

3. Powdered fruit of "Ash-sheorá"—1 part; powdered black-pepper—1 part; *ghee* (cow's)—1 part—all these to be put into the cup of a hooka, and then to be smoked like tobacco.

4. In dyspnœa due to throat-cancer, the following medicine called “Muktádyā Churna” is of tested efficacy. It is to be taken after thoroughly rubbing it with *ghee* and honey and mixing it with tepid milk or tepid water.

The preparation of the powder called “Muktádyā Churna” is as follows.—

Powders of pearl, coral, sapphire, conch-shell, crystal, *Rasánjan*, hard glass, sulphur, root of *Akanda*, small cardamoms, rock-salt, and *Saubarchala* salt, and reduced copper, iron, and silver, white water-lily, *Kesura*, nut-meg, seeds of hemp (sunn), seeds of *Apámarga*—equal quantities of all these to be taken, pulverised, and mixed together. The mixture of these powders is known as “Muktádyā Churna.”

10. Treatment of Dryness in throat-cancer

Dryness appears in the aggravated stage of throat-cancer. It is due to various causes like unbearable pain in the ulcer, hæmorrhage, incapacity to take food, and salivation, etc.

In this state, treatment is to be carried on with oily, cooling, appetising, palatable, acid or slightly acid diets and soup of meat.

Prescription No. 1

1. Drákshádi Ghrita—To be taken at 7 A M with tepid milk.
2. Sulaharana-yoga—At 10 A M with tepid milk.
3. Drákshárishta—To be taken with an equal quantity of cold water twice after meals at 12 noon and 9 P M.
4. Vasantamálati Rasa—To be taken with *ghee* and honey at 4 P.M.

5. Brihat Aswagandhá oil—To be rubbed all over the body.

Prescription No. 2

1. Vasantakusumákara Rasa—To be taken at 7 A.M. with *ghee* and honney.

2. Aswagandhárishtha—To be taken with cold water twice after meals.

3. Brihat Satábari Ghrita—To be taken with tepid milk at 5 P.M.

4. Pallavasára Taila—To be rubbed all over the body

Diet—Meat-soup prepared with *ghee* to be taken daily for one whole month. Besides this, *ghee*, milk and butter are to be taken according to the capacity of digestion.

11. Treatment of Constipation in Cancer

If the patient be not exceedingly weak, the following decoction may be used for removing constipation.—

(a) The three myrobalans (*triphalá*), *teuri* (*tribrit*), *danti*, *katki*, dry ginger, *sondál*, root of castor tree, *sonámukhi*, dry grapes—3 annas of each to be taken and to be boiled in half a seer of water until only $\frac{1}{8}$ th of a seer remains. This is to be strained through a piece of cloth and then taken.

(b) If the patient's bowels be comparatively loose the following laxative is useful.—

‘Sonámukhi — $\frac{1}{2}$ tola, myrobalan—1 tola, dried grapes— $\frac{1}{2}$ tola—all these to be boiled in half a seer of water until the residue is $\frac{1}{8}$ th of a seer which is to be drunk.

(c) In the primary stage of the disease when the health of the patient is not so much run down and he is yet in need of a purgative for cleansing his system, the medicine called “Sarabángasundara Rasa” occurring in “Rasendrasárasangraha” in connection with purgatives should be used with water mixed with sugar

If the patient's bowels be not easily moveable “Ichchhábhedi Rasa” should be administered. Needless to say, it is always necessary to judge the patient's capacity to stand a particular purgative. No strong purgative should be administered if the patient be weak and emaciated. If an extremely weak patient require purging, he should be given milk boiled with dried raisins. In such cases, juice of orange, pine-apple, grape, boiled apple, and boiled palm-date should be given for purgation. If mucus be deposited in the patient's bowels, half an ounce of castor oil should be given with either hot water or hot milk.

Patients treated with “Támra-Bhashma” (incinerated copper) do not generally require any purgative. If such patients have still costiveness, the above purgatives may be given without any fear of harm.

12. Treatment of purulent ulcer in throat-cancer

In case of discharge of pus from an external sore, pus is stopped if the ulcer is washed with the decoction of the following herbs :—

1. The barks of a mango-tree, a black-berry tree, acacia tree, *Bakul* tree, banyan tree, *peepul* tree, *jajna-dumur* (a kind of fig) tree, *Neem* tree, plum tree, *Kadamba* tree, *Kurchi* tree, *Karabi* tree, *Akanda* tree, root of *Dáturá*, *Rasánjan*, *Khunkháráp*, *Hirákash*, alum, ochre, the three myrobalans, red sandal, white sandal, root of a castor tree, bark of a guava tree, root of a

coconut tree, root of a pomegranate tree or the bark of pomegranate—1 tola of each of these to be taken and boiled in 8 seers of water until only $\frac{1}{4}$ th of it remains. Washing with this decoction stops pus from an external sore of cancer.

2. “Branarákshasa” oil also has a very speedy action.

3. In case of excessive discharge, medicines should be taken according to the following prescription :—

(1) Támra-bhasma (incinerated copper)—to be taken with ginger and honey.

(2) Khadirárishtha—to be taken with cold water twice after meals.

(3) Panchatikta-ghrita-guggulu— $\frac{1}{4}$ th of a tola with tepid water at 4 P.M

(4) Mahábhallátaka—at 7 P.M. with *serbat* of sugar. Besides these, ‘Sákhota’ oil, ‘Karabibádya’ oil, ‘Mahásindurádya’ oil, oil of cobra, when applied on the sore, stop the pus.

13. Treatment of Dropsy in Cancer

After suffering from cancer for some time, the patient develops dropsy. Generally it is the weakness of digestion, heart and kidneys that is responsible for dropsy. All these three functional defects do not appear simultaneously. Any one of these defects is enough to cause dropsy, not to speak of all the three together

Dropsy is an intractable and terrible symptom. In most cases, it betokens impending death. So it requires good treatment at the very inception.

WHO MAY BE THE POSSIBLE VICTIMS OF THROAT-CANCER ?

1. In course of our professional career, we have observed that those who suffer from gout, rheumatism or arthritis from an early age, mostly fall victims to urinary affections later in life. In Diabetes the urine generally carries albumen. Diabetes with the discharge of albumen (Albumenuria) is the forerunner of various incurable wasting diseases like cancer, T.B. and gangrene, etc.

2. Those who suffer from dyspepsia from an early age are generally victims of gout later on and this leads to the formation of an incurable tumour owing to the obstruction of bodily currents

3. Those who are phlegmatic from early age and withal suffer from loss of vitality get their bodily currents choked with the accumulation of mucus which produces a tumour. It is this tumour which in future turns into cancer.

4. In most cases a foreign poison, i.e., syphilis and gonorrhoea residing in the system for a long time ultimately causes the formation of an insuperable tumour which in the long run turns into cancer.

5. Those who suffer from long-standing urinary troubles owing to defective function of the kidneys are also found to be prospective victims of throat-cancer.

6. Those who frequently suffer from swelling of gums, tonsil, uvula, palate and the glands down the throat, are also found to be victims of throat-cancer in the latter part of life. Cases have been found where the parents were victims of leprosy but the son developed cancer instead of leprosy. Even such a patient has been met with as had leprosy in one limb and cancer in another.

the residue is 2 seers Washing the ulcer with this decoction prevents breeding of germs.

2. Boil *Neem* leaves and the three myrobalans in water with which the sore is to be washed. Then apply either "Somaráji oil" or "Branarákshása oil", or "Maháguruchyádi oil" which will kill the germs.

17. Treatment of numbness of speech in throat-cancer.

1. Obstruction of speech is alleviated by taking $\frac{1}{16}$ th ratí of incinerated orpiment rubbed with clarified butter (cow's)

2. 'Másha' pulse (kidney-beans), seeds of 'álkushi', roots of a castor tree, and 'Berelá'—One-half tola of each to be taken and boiled in half a seer of water leaving a remainder of $\frac{1}{8}$ th of a seer Asafoetida fried in ghee—2 ratís, and rock-salt—8 ratís to be sprinkled into the above decoction which relieves numbness of speech

3 $\frac{1}{2}$ tola of "Kalyánávaleha" taken with tepid milk prevents lingual paralysis.

4 Take "Somanáth Támia" with ginger-juice and honey in the morning, "Brihat Váta-Chintámani" with the juice of "Shatamulí" at noon; "Chaturbhujarasa" with the juice of Bráhmí" and honey in the afternoon, and besmear the scalp of the head with "Madhyamanaráyana" oil. This will prevent obstruction of speech.

5. Massage with "Trisatíprasáraní" oil or with "Mahámásha" oil and taking "Vátári-rása" with the powder of dried ginger and the decoction of the roots of a castor tree in the afternoon are sure to cure an inveterate type of lingual paralysis

18. Treatment of insomnia in throat-cancer

In the latter stage of cancer, the patient suffers from extreme dryness of limbs. Owing to the excessive predominance of *Váyu* (Air) in the system, the patient becomes subject to insomnia. To counteract this complication the following measures should be taken :—

1. The patient should be made to drink curd prepared from a buffalo's milk.

2 Massaging the body with 'Vishnu taila', 'Madhyamanaráyana taila,' 'Brihat Shatábari taila ', Pallabasára taila', 'Mahanaráyana taila ', etc. induces sleep in the patient.

3. "Brihat Shatávari Ghrita" drunk with tepid milk produces sound sleep.

4. Soups of kidney-beans, 'Sushuni' leaves, of 'Mágur' fish, whey of buffalo-milk, and the soup of jute-leaves, if applied according to the condition of the patient, produce a good sleep.

5. Sound sleep is induced by taking $\frac{1}{4}$ th ratí of genuine "Svarna Sindur " with either rice-water or the juice of 'Satamuli'.

6. A patient enjoys sound sleep after massaging his whole body with "Váyuchchháýasurendra taila".

7. Provided the patient's strength and flesh be not depleted, a mild laxative may be administered to him and then he is to be fed with the boiled rice of *Sáli*, soups of green plantain, *Patol* and *Mágur* fish and with whey. This will produce sound sleep.

8. Insomnia is removed by taking at night "Siddhi" fried and powdered.

9. Long-lost sleep is restored by licking powdered roots of long pepper with molasses.

10. Tying up the root of “Kákmáchi” or “Kák-janghá” on the head restores lost sleep.

11 The decoction of the root and bark of “Kákmáchi”, when drunk, produces sound sleep.

12 A person suffering from insomnia should take milk, curd, soup of meat and wine.

13. Smearing and rubbing the body with oil, bathing, applying suitable oil, lotion and unguent to the eyes, ears and head produce good sleep

14. Sleep is induced within a short time by taking meat-soup, leafy vegetables, soup and *ghee* mixed with onion.

19. Treatment of obstruction of the gullet in throat-cancer.

In throat-cancer the gullet is obstructed owing to various causes This produces extreme difficulty of breathing in the patient who may succumb to it if speedy measures be not adopted.

The following are the measures that should be taken :—

1. If there be no time for treatment with drugs, tracheotomy should be resorted to.

2 The application of “Swalpa-suchikábharanarasa” prepared with cobra-venom produces good results. After the administration of this medicine cooling measures should be adopted according to the Sáshtas.

3 The method of smoking with the powdered root of “Ashseorá”, powdered black-pepper, and clarified butter, that has already been spoken of, is specially beneficial at this stage.

4. Passing the fume of powdered turmeric, black-pepper and camphor, as mentioned before, through the gullet is also useful.

5. Specially useful is also the administration of pills called "Naradiva Mahálakshmivilāsh" prepared with the seeds of Daturá, acconite and gold; as also "Kāñchanára-guggulu", "Somanátha-támra", incinerated copper etc

20 Treatment of delirium in throat-cancer

In the last stage of the disease, the patient generally gets delirium. At this stage the patient's neck and shoulders are so much swollen as to coalesce into each other. The patient becomes unconscious owing to the intensity of pain and raves at intervals. In this situation, the patient should be administered "Brihat Suchikābharan-Rasa" with the permission of his relatives. This has the effect of restoring the patient to his senses and in many cases various troublesome symptoms are forthwith alleviated by it.

Besides this "Chaturbhuj-rasa", and "Brihat Vātechintāmani" are also efficacious at this stage.

1. *The symptoms of throat-cancer in which 'Vāyu' is predominant.*—(a) Intolerable pain, (b) Dryness of the entire body; (c) colic pain; (d) hoarseness, (e) dyspnoea, etc

2. *Symptoms when 'Pitta' is predominant in the above disease:*—(a) fever; (b) burning sensation; (c) hæmoptysis, (d) strong diarrhoea, (e) putrefaction of the ulcer

3. *Symptoms when 'Kapha' is predominant in the aforesaid disease:*—(a) Dysorexia, (b) cough; (c) heaviness of the head, (d) growth of glands; (e) dropsy, etc

4. In throat-cancer due to the derangement of the three *dosas* (humours), all the above symptoms are mostly present in a greater or lesser degree

CHAPTER VIII

TREATMENT OF THROAT-CANCER WITH POISONS.

Since the Vedic age various immobile (i.e., vegetable and mineral) and mobile (i.e., animal) poisons are being used as medicines. The Śāshtras say that even a virulent poison, if judiciously applied, acts as a good medicine ; and if wrongly applied even a good medicine acts as an acute poison.

The mobile and immobile poisons that have been in use in Ayurveda from the days of yore have a lasting effect on the human system ; they have a rejuvenating effect, i.e., by taking poison men become free from old age and wrinkles and assume divine splendour and acquire a long life endowed with health and vigour. *Mithāviśh* (Aconite), *Lāngalviśh* and cobra-venom etc. are used in throat-cancer. Medicines prepared with poisons are quick in their action which is lasting as well. In my *Rasa-chikitsā*, Pt I, I have dwelt at length on the therapeutic uses of poisons. The insuperable pain of cancer can be subdued with the help of poison ; sinews, tissues, arteries and veins of the human body, that are almost deadened with the virus of cancer, are revived and refreshed, as it were.

Diet in Throat-Cancer

Allowed :—Fomentation, purgatives, emetics, extraction of blood, snuff, smoking, surgical operation, burning with heat, wheat, *Mung* pulse, *Kulattha* pulse, Soup of the flesh of land animals, big *punti* fish (carp), *Karalā*, *Patol*, tender radish, water scented with camphor, hot water, catechu, *ghee*, pungent and bitter things

Prohibited—Cleansing the teeth with twigs or tooth-brush, bathing, sour things, fish, flesh of animals living in

marshy regions, curds, milk, molasses, kidney beans, coarse rice, hard food, lying with the face downward, things that are astringent in taste and hard to digest.

Surgical Treatment in Throat-Cancer

The best means for getting rid of a cancerous growth, if detected in its inception, is surgical treatment. When the tumour is still non-malignant, i.e., when it has only made its appearance without radiating offshoots around, the best course is to eradicate it by a surgical operation. Along with surgery, elimination of the causes that led to the formation of the cancer should not also be overlooked. For operation can only remove the trouble that is localised but cannot prevent a recurrence of the malady which can only be effected by correcting the derangement of the *Doshas*, i.e., *Váyu*, *Pitta* and *Kapha*. For a correction of the *Doshas*, treatment of the entire system is essential.

Treatment of Throat-Cancer with Rasas, i.e., minerals.

The earlier authorities on Ayurveda headed by Charaka, Sushruta, Vágbhata and others, while dealing with the various types of cancer appearing in the different parts of the human body, have declared them as incurable and have given no systematic course of their treatment. In most cases, they have not gone further than giving a mere nomenclature and only a general description of the disease. In the later Tántric age, however, authorities on mineral therapeutics such as Adima, Chandrasena, Manthana, Bhairaba, Nagárjuna etc. had attained a pre-eminent degree of success with mineral medicines in the treatment of many diseases declared as incurable by Charaka and Sushruta, etc. Many a so-called incurable disease has yielded to the wonderful system of their treatment with their wonder-drugs and minerals. Those diseases that could not be rooted out, have been kept in a dormant state with the help of mineral therapy and the patient

has been enabled to lead for long a healthy and active life. In every case, the patient has been relieved of the intolerable pain caused by the disease and in many cases the disease itself has been radically cured. It is not to be understood, however, that the drugs invented by the earlier physicians like Charaka are quite ineffective in the treatment of cancer, but that amazing results are obtained by mineral therapy in combination with those drugs.

Deep X-ray in the treatment of Cancer

Cancer is treated by many with the help of deep X-ray which is a product of modern science. Deep X-ray is generally made use of to arrest the growth of the cancerous tumour and to mitigate its pain. Its effect, however, is not beneficial in each and every case. Deep X-ray is applied to a cancerous tumour considering it to be a local disease. This no doubt reduces the size and minimizes the pain of the tumour, but it cannot eliminate the internal cause that is at the root of the disease. As a result, before long, the tumour makes its reappearance in a more virulent form and takes away the patient's life.

In our country it is either owing to the ignorance or insufficient knowledge of the Radiologists about the etiology, nature, development and about the previous and subsequent course of the disease that without correctly assessing the number of exposures to be applied according to the nature and condition of the disease they determine a course of treatment consisting of 22, 32, 42 sittings and dedicate its results, good or bad, to Govinda (the Supreme Being). In some cases, a course of treatment, if judiciously undertaken, has been found to afford apparent relief to the patient for a year or two which, however, is followed by a virulent resurgence which is mostly of a formidable nature. In case of mis-application of deep X-ray, even before the completion of its full

course the patient begins to suffer from a relapse of the pain which is intensified day after day.

Is Deep X-ray applicable to Throat-Cancer ?

As already stated, judicious application of deep X-ray has often the effect of speedy mitigation of the pain of cancer, which, however, is sure to recur. But the pain of a cancer is so formidable that in most cases it exceeds the limit of endurance. Such cases require deep X-ray to control the pain without loss of time. But this application should be within certain limits. It should be discontinued as soon as the pain is subdued. In certain cases deep X-ray is applied to arrest the abnormal growth of the external sarcoma and the exposures are continued until the sarcoma disappears. It is in this way that in most cases the amount of exposure exceeds the proper bounds. As a consequence, the affected part gets scorched and in a short time pieces of flesh begin to slough off with copious bleeding and the suffering is redoubled. In such a situation, the Radiologists give the opinion that deep X-ray would be of no further use and resort to the use of radium instead. Now the question is whether deep X-ray is at all to be recommended in the treatment of cancer. If it is found that in spite of continued treatment with all the Sâshtric medicines and even with the surgeon's knife, the pain shows no sign of mitigation, it is then only that deep X-ray may be resorted to and after one or two exposures it should be discontinued in the light of the results obtained. It should be discontinued as soon as the pain is overcome and medicines should be prescribed to root out the disease proper. The causes that led to the generation of the disease should by all means be eliminated.

If the etiology of the disease cannot be ascertained, the nature of the *doshas* at work may be judged by a reference to the patient's pulse, the nature and symptoms

of the disease, and proper treatment for those *doshas* may effect a cure of the disease. It is the business of the physician to ascertain the cause and nature of the disease and to mitigate the patient's suffering. It is not within his power to grant life to anybody. Only so much aid is to be taken of deep X-ray as is absolutely necessary for controlling this pain. It is not to be discarded out of the narrow bigotedness that it is not prescribed in our (Ayurvedic) Shástras. But the advisability of its application is to be determined by the patient's state of health and his capacity to bear it, and the intensity of the disease etc. The same thing may be said in regard to radium also. There is no bar, nor should there be any, to the application of deep X-ray or radium even while Ayurvedic treatment is going on. The Rishis of Ayurveda have declared, "That is the appropriate medicine which leads to the cure of a disease"¹ Viewed from this catholic stand-point of Ayurveda, whatever discoveries or inventions are being made in any part of the world that contribute to the welfare of mankind should be adopted and assimilated by Ayurveda for the nourishment and development of the science of Ayurveda provided the new discoveries be found compatible with the principles of our system of treatment. If we look into the history of Ayurveda we find that Ayurveda has been doing this thing from time immemorial. The truth of this contention is borne out by the amalgamation of the Vedic principle of *Tridosha* with the Tántric science of pulse and the science of chemo-therapy.

But it is not to be understood that anything that does not stand to reason should be accepted. It is stated in the Shástras, "A physician should not apply a medicine that is not warranted by reasoning."² If the

1. "तदेव युक्त भेषज्यम् यदारोग्याय कल्पते ।"

2. "तस्मात् न भिषजा युक्तं युक्तिवाहयनं भयजम् ।"

application of a deep X-ray or radium tally with reasoning two or three exposures may be given as justified by the condition of the patient. By this "the sanctity of pure Ayurveda" will not be violated. If weighed in the balance of the Ayurvedic principle of *Tridosha*, it is found that the application of deep X-ray or radium is advisable in those cases of cancer which have the prevalence of *Vāta* and *Sleshmā*.

Treatment of Throat-Cancer by Radium

When a cancer in the throat reaches an extremely aggravated stage and deep X-ray also proves ineffective, then physicians have recourse to radium. In some instances, radium is resorted to from the very start without applying deep X-ray at all. Radium is a wonderful discovery of the eminent French scientist Madame Curie. Later on, physicians have, in many cases, achieved good results by its application to cancerous and other malignant tumours. One or two exposures of it at the proper time judged by the condition of the patient and the disease prove highly beneficial in a good number of cases. But, if unfortunately, the exposure exceeds the proper bounds, the incalculable harm caused thereby beggars description. The affected part is scorched by the exposure and before long the burnt flesh falls off with copious bleeding. The pain from which the patient got temporary respite by the application of radium is now increased fourfold and he succumbs to it. Barring only one or two cases, we have not known of good results being achieved by the use of radium in cancer of the throat. The little benefit that is derived from it is only temporary. The reaction following it is disastrous to the patient. In the opinion of experts radium is not so beneficial to the people of tropical countries. Nevertheless, when all therapeutics fail to alleviate the patient's agony, in the last resort radium may be made use of to relieve the patient at least temporarily of his unbearable suffering.

But, previous to that, one must be sure that no other alternative means are available to mitigate the patient's suffering and his death is inevitable and that the only object of the patient and the physician is the relief from pain for the short period he may survive

Radium should be applied only when the patient's neck and shoulder become merged with one another, respiratory difficulties arise, the patient finds it difficult to sit or rise and to take his food, is restless all the while and out of agony continually shrieks out "God save me," his throat is choked and cannot swallow any kind of food.

Effect of Radium in the eye of Ayurveda

It cleanses the channels of the body, relieves pain, prevents the prevalence of *Vāyu* and *Kapha* and augments *Pitta*.

If judiciously applied at the right time on the right person and in the right proportion, it is efficacious in blood-originated tumours, boils, erysipelas, goitre and abscess etc.

CHAPTER IX

CANCER OF THE TONGUE

Cancer makes its appearance in the tongue in a number of ways. In some cases, at the very outset a small tumour grows on the tongue and with gradual development it covers the entire surface of the tongue. In some cases again, a tiny pustule is found to make its appearance on the tongue, and after a time the pustule melts with consequent extension of the sore which gradually penetrates into the tongue and causes a hole in it. In some other cases, a hole is gradually formed in a certain corner of the tongue which is gradually paralysed with the enlargement of the hole. In a few other cases, fleshy nodules like the sprouts of a cauli-flower appear on the tongue and being developed just like a cauli-flower fill up the entire cavity of the mouth. In a few other cases again, the tongue develops a crack which generates an ulcer. In still other cases, fleshy growths take place just like mushrooms. In some other cases again, blister-like sores appear around the tongue and after a time those blisters melt and cause an opening in the tongue. So it is found that cancer in the tongue manifests itself in a variety of ways

Symptoms in the primary stage of tongue-cancer

In cancer of the tongue, pain is almost universal from the very start; a burning sensation in the tongue is a characteristic symptom at this stage. Particularly noteworthy are pain in the tumour and a burning sensation in the ulcer. The second symptom is periodical hæmorrhage, the third is white coating on the tongue, the fourth, a foul smell in the mouth, and the fifth, experiencing pain at the time of swallowing anything.

The secondary or middle stage of cancer of the tongue

The secondary stage of

the

marked by the development of the tumours. The tumours that were once small in size now become enlarged; in ulcerous cancer of the tongue the sores at this stage enter deep into the tongue and gradually the sore begins to putrefy and from this time onward the tongue of the patient begins to exude saliva. Occasionally the bleeding becomes more profuse and the patient suffers from periodical attacks of fever which subsides after a spell of 4, 5, or 6 days, and in some cases, even of a week. Excessive inflammation of the tongue and loss of the power of deglutition are the two typical symptoms of the secondary stage of cancer of the tongue.

The third stage of cancer of the tongue

In the tertiary stage, cancer of the tongue becomes over-developed and at this time, along with the tongue the entire neck also gets swollen and around the neck appear nodules which gradually develop in size. Hoarseness characterises this stage. Hoarseness is gradually followed by loss of speech. At this time the patient begins to suffer from chronic hiccough which is highly distressing to him. The patient gets frequent attacks of fever which subsides after running a course of 2 or 3 days. He is then unable to take any solid food and has somehow to live on liquids alone. One thing to be particularly noticed at this time is that the patient becomes subject to violent bleeding at intervals and after each bleeding all the symptoms disappear for the time being. This affords all-round relief to the patient, though temporary. After the lapse of 4 or 5 days, all the symptoms make their reappearance. In this way, owing to frequent hæmorrhage and to discharge of saliva in addition, the patient gets emaciated within a very short time. Occasional respiratory difficulty of a virulent type is another characteristic symptom at this stage of cancer of the tongue.



CANCER OF TONGUE

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The fourth or final stage of tongue-cancer

In the fourth stage of tongue-cancer, owing to prolonged abstention from food, the patient undergoes extreme emaciation and like a consumptive patient runs temperature towards the evening and by degrees the wasting goes on increasing. At this time the ulcer in the tongue is aggravated to a degree and by gradual wearing the tongue becomes reduced in size and the putrid smell becomes so offensive as to make it impossible for anybody to enter into the patient's room. At this time a good number of nodules make their appearance in the gullet and the neck so that the patient's neck and shoulders merge into one another and by reason of the obstruction of the throat the patient is incapacitated to take any food and ultimately he succumbs to extreme difficulties of respiration.

The etiology of tongue-cancer

Tongue-cancer is primarily generated by the derangement of *Kapha* and *Pitta*. When *Kapha* (phlegm) and *Pitta* (bile) are deranged by the intake of wrong or faulty diet etc., *Vāyu* (air) co-operating with them generates the formidable cancer of the tongue. The chief causes of cancer of the tongue are :—(1) long-standing defect of the liver ; (2) impurity of blood which is due to various causes. Blood may become vitiated by syphilitic poison and also by the derangement of *Pitta* (bile). We have come across cases where there was an attack of syphilis at an early age and the sore was healed by an ordinary quack's medicine without, however, thoroughly eradicating the poison out of the system. Such a case has been found to have an attack of cancer within 20 or 30 years of the attack by syphilis. On the appearance of cancer, an examination of the patient's blood showed that it was moderately positive or nearly positive. In a case like this, treatment of syphilis must

helps to mitigate the suffering of the patient. (3) Of all the causes that are supposed to be at the root of tongue-cancer, defective function of the liver stands out as the most prominent. Defect of the liver is responsible for a variety intestinal diseases. All diseases of the intestine are reflected in the tongue. (4) Protracted dyspepsia is another cause of cancer of the tongue. (5) Another cause is an attack of gonorrhoea at an early age and suppression of it without radical cure and the presence of sugar and albumen in urine and the consequent defect of the kidneys. (6) Sleep immediately after the mid-day meal and coition just after supper are also contributory causes. (7) Partaking of too much pungent or highly spiced dishes. (8) Betel-leaves with *doktá* (a preparation of tobacco leaves); specially raw tobacco leaves treated with lime (*khaini*). Prolonged habit of taking strong alcohols in spite of the presence of syphilitic and gonococcal poison in the system (10) Long-standing flatulence and mild colic pain are premonitory symptoms of cancer of the tongue. (11) Blowing of flutes or other vocal instruments for years together. (12) Habit of rubbing the tongue against the teeth. (13) Long-standing habit of eating large quantities of prohibited flesh or taking simultaneously meats of incompatible varieties such as pork and fowl; flesh of a he-goat and of a buffalo; flesh of a castrated goat and beef, etc. (14) Brushing the teeth with prohibited twigs; cleansing the tongue with a prohibited tongue-scraper; and (15) Prolonged indulgence in actions that are contrary to propriety, virtue, wisdom and rules of hygiene.

Treatment of Cancer of the Tongue

Before starting with the treatment of cancer of the tongue, the physician should try to probe into the causes that were at work in the generation of the disease. In case, an outward examination of the patient gives no definite clue, he should be subjected to searching questions

so as to bring out his full history. If his history reveals that defect in the functions of the liver might be at the root of the malady the following course of treatment should be adopted :—

1. Aditya-Rasa—to be taken at 7 in the morning with 10 drops of clarified butter and 20 drops of honey.
2. Brihat Lokenáth-Rasa.—At 10 A.M. with goat's milk and honey
3. Dhátryarishta.—Twice after meals with cold water.
4. Bháskar Laban.—At 3 P.M. with hot water.
5. Panchatikta-ghrita-guggulu.—At 5 P.M. with tepid milk.
6. Rasatálaka.—At 7 P.M. with 10 drops of clarified butter and 20 drops of honey.

If the intestines of the patient be in a highly disordered state and the sore in the tongue be aggravated, “Parpatí” should be administered with total prohibition of salt and water. If, along with liver complaints, there is syphilitic or gonorrhœal infection, “Rasa-parpatí” proves highly effective. If tumour be the preponderating symptom in cancer of the tongue, “Támra-parpatí” is more efficacious. In case of an anæmic patient “Lauha-parpatí” is more suitable. “Svarna-parpatí” will give good results if the sore be attended with blisters and a burning sensation and appear like a fire-burn.

If the patient be exceedingly run down by the sore, “Vijaya-parpatí” will do him much good. Prolonged use of any kind of a “parpatí” selected to suit the condition of the patient is sure to effect a cure of tongue-cancer caused by dyspepsia, indigestion, liver defect, chronic diarrhœa, incompatible diets and irregular meals.

To get effective results from "Parpati" it should be used for six months to a year in strict accordance with the rules prescribed for its administration including the prohibition of salt and water. And the guardian and nurses of the patient should not get impatient at the prolongation of the course of treatment. If patients who contracted syphilis very early in life and had somehow got the sores healed up without undergoing a course of proper treatment develop cancer of the tongue 30 or 40 years later, the following medicines of tested efficacy should be prescribed :—

1. Mánikyarasa.—To be taken at 7 A.M. with the juice of mango-ginger (in default, *ghee*), and honey and then a decoction of *Anantamul* and *Topchini* (a kind of spice) should be drunk.

2. At 10 A.M. the following "Kshatántak Yoga" should be taken with the paste of red sandal-wood and white sandal-wood and honey.

Method of preparation of the 'Yoga'.—Mercury, sulphur, *Hingul* (sulphide of mercury), orpiment *Rasamánik*, *Rasasindur*—these taken in equal quantities are to be ground with the juice of "*ghritakumári*" (aloe) and made into pills of one ratí each.

3. Sáribádyásava.—to be taken twice after meals.

4. Sarvarugántaka Batí.—To be taken at 3 P.M. with lemon juice and honey.

5. Panchatikta-ghrita-guggulu —At 5 P.M. with hot milk.

6. Mahábhallátaka.—At 7 P.M. with the *serbat* of sugar.

If sprouts like those of a cauli-flower spring up on the tongue the following is the prescription of medicines :

1. Somanáthatámra—To be taken at 7 A.M. with ginger-juice and honey.
2. Raudrarasa—At 10 A.M. with the juice of betel-leaves and honey.
3. Khadnśrīṣṭa.—Twice after meals
4. Pisupatarasa—At 3 P.M. with lemon-juice and honey.
5. Mahātīkta-ghṛta.—At 5 P.M. with hot milk.
6. Silīḡatu (Bitumen)—At 7 P.M. with the juice of betel-leaves and honey

The following medicines are to be prescribed if the sores on the tongue appear like fire-burns or like white layers or like excoriation or if the sore be due to rubbing the tongue against the teeth, or to long-standing addiction to betel leaves, tobacco leaves and their preparations like *doḷṭā* and *khaini*, or if the sore be generated by the blowing of a fife, flute or bag-pipe, etc —

1. Haritāla Bhasma (incinerated orpiment).—At 7 A.M. with $\frac{1}{16}$ th tola of heated clarified butter. Dose— $\frac{1}{16}$ th of a rati
2. Aditva-rasa—At 1 P.M. with *ghee* and honey. Dose—1 rati.
3. Rasendra Churna.—At 7 P.M. with the juice of betel leaves and honey, or with *ghee* and honey

The process of preparing 'Rasendra Churna'—

'Amlāsā' sulphur—4 tolas, 'Bansapatra Haritāl'—4 tolas, Red Dārmuj (a poisonous wood)—4 tolas, Incinerated gold—4 tolas—all these to be made into a *Kajjali* and heated for 12 hours in a 'Vālukā Yantra'. One 'Dhān' of this preparation is to be taken each time.

Diet.—One to two chhatāks of clarified butter (prepared from cow's milk), one to two seers of milk.

Besides, rice and curry according to one's taste. Leafy vegetables (greens), acid things, eggs, fish and meat are forbidden. At least one chhaták of *ghee* should be daily taken. If the prescribed quantity of *ghee* cannot be taken unmixed with any other thing, at least 1 chhaták of it must be taken with curry etc. A cold bath should daily be taken and in summer it may be taken twice a day.

Treatment of the complications in tongue-cancer

The following complications are generally present in tongue-cancer.—

Burning, bleeding, foul odour, pain, salivation and constipation.

In case of burning.—

(1) Red sandal-wood, liquorice, *Gulanča*, lotus, roots of *Vená*, white sandal-wood, *Bálá*, bark of *Vákas*, myrobalan, raisins, *Katki*, *Tribrit*, *Danti*, *Khetraparpati*, *Chirettá*, *Dáruharidrá*,—one-eighth tola of each these to be taken and boiled in half a seer of water until the remainder is only $\frac{1}{8}$ th of a seer.

(2) Burning sensation due to any cause is relieved by taking “Panchatikta-ghrita-guggulu” with tepid milk.

In Hæmorrhage.—

1. A decoction of red sandal-wood and liquorice.

2. Bark of *Vákas*, myrobalan, raisins,—2 tolas all together—to be boiled in half a seer of water leaving a residue of $\frac{1}{8}$ th of a seer.

3. Rectified “Hingul”, 2 ratis in quantity, to be taken with the juice of *Patol* leaves, sugar and honey.

4. Rasa-sindur—1 rati, juice of the pith of a plantain tree—2 tolas, sugar and honey.

5. Hemorrhage is speedily stopped also by taking "Brihat Satábari Ghrita" and "Kushmānda Khanda".

In foul smell —

1. Bad odour is quickly removed by taking "Pan-chatikta ghrita-guggulu" with tepid water.

2. Fetid smell is warded off by gargling with the decoction of "Triphala" (the three myrobalans) and *Neem* leaves

3. Foul smell can be got rid of by gargling with the decoction of the leaves of mango, black-berry, acacia, *Bakul*, banyan, *Popul*, lemon, plum, *Kuchl* and *Kadamba*

4. Bad smell is also destroyed by gargling with water boiled with the bark of acacia and *Bakul*

In pain —

1. The severe pain of tongue-cancer is relieved by gargling in the morning with honey, with *ghee* at noon, and with heated mustard oil in the afternoon

2. "Vātāri-rasa" taken with the decoction of dried ginger and the root of a castor tree relieves pain

3. Pain is relieved by also taking "Vedanā-nāsaka" (anodyne) pills with hot water (for the preparation of anodyne pills *vide* Throat-Cancer, Pp.39—10)

4. Taking snuffs of "Sákhota" oil, "Sharabindu" oil and "Mahádashamul" oil removes pain

5. 2 rats of incinerated pearl and one rat of incinerated gold—To be taken at 7 P.M. with *ghee* and honey.

6. "Mritasanjivani Surá" or any other good wine — $\frac{1}{2}$ ounce to be taken at bedtime.

In Constipation.—

1. Myrobalan—1 tola, Senna— $\frac{1}{2}$ tola, Raisins— $\frac{1}{2}$ tola—all these to be boiled in $\frac{1}{2}$ seer of water till the remainder is $\frac{1}{8}$ th of a seer. A draught of this decoction removes costiveness.

2. Amalakī, Haritakī and Baherá, Tribrit, Katkī, Dantī, Senna, Reuchinī, dried ginger, Sondál, roots of a castor tree, caraway ('yamani'), cloves, raisins, rock-salt, and "Kamalágurī"—each to be taken in quantity equal to $\frac{1}{8}$ th of a tola and to be boiled in half a seer of water till the residual water is only $\frac{1}{8}$ th of a seer. This removes constipation with other allied intestinal complaints.

To cleanse the ulcer in the tongue it should be washed with "Haritakyádi Kasáya" hereinbefore mentioned. Then the following plaster should be applied.—

Ghee, paste of red sandal-wood, powdered catechu, camphor and musk taken in equal quantities and made into a paste which, when applied on the ulcer, removes white coating of layers on the tongue, pain and bad odour.

Some Hints on Treatment

Nowadays a patient does not approach an Ayurvedic physician at the very outset of a disease. When he comes to us as the last refuge, he is rendered unfit for corrective treatment and only curative drugs may be administered to him for the patient is then too weak for purgatives and emetics, etc. If, by chance, a patient comes in the first stage, his system should first of all be corrected by means of a douche (*Vastī*) if *Váyu* be prevalent in him, by purgatives if *Pitta* be prevalent, and

emetics in case of the prevalence of *Kapha*. For it is stated in the Sashtras —

“दोषा. कदाचित् कुण्ठन्ति जिता लङ्घनपाचनै
जिता. समोघनै ये तु न तेषा पुनरुदभव
दोषाणाञ्च द्रमाणाञ्च यूलेऽनुपहते सति
रोगाणा प्रसवानाञ्च गतानामार्गतिर्धुवा ।”

That is to say, those *Doshas* (derangements) which are suppressed by means of abstention from food or by medicinal infusions, may later on have relapses, but if they are removed through purgatives and emetics etc., there remains little chance of their recurrence. If, instead of severing the root of a tree, only the branches and twigs are lopped off, they are sure to grow up again, so also the deranged *Doshas* like *Vāyu* etc., if not eradicated by the root, the diseases generated by them may remain suppressed for a time but are sure to manifest themselves again within a short time. So the patient who is fit for corrective treatment will, by this method, not only get his disease cured but also will have little chance of a re-attack. Besides, some amount of correction is essential in every case. For it is stated in the Sāshttras that

“नाविशुद्धशरीरस्य युक्तो रसायनो विधिः ।
न भाति वाचसि म्लिष्टे रङ्गयोग इवार्पितः ॥”

That is, as a dye cannot embellish a dirty garment, so also a medicine is ineffective in a body that is not previously cleansed with purgatives and emetics, etc.

The Sastric etiology of diseases of the tongue

The tongue afflicted with *Vāta* gets a burning sensation, becomes cracked, devoid of the sense of taste and rough like a teak-leaf. When afflicted with *Pitta*, the tongue becomes studded over with furred blood-coloured papillæ with a burning sensation. If affected by *Kapha*,

the tongue becomes heavy, thick and overgrown with fleshy warts like the thorns of a Sálmalī tree.

The severe swelling that is generated by deranged *Kapha* and blood about the under-surface of the tongue is called *Alasa* which, if allowed to develop unchecked, gives rise to numbness of the tongue and rapid suppuration at its base. The swelling shaped like the tip of the tongue appearing about the under-surface of that organ by reason of deranged *Kapha* and blood is called *Upajihva* which is accompanied by salivation, itching and burning sensation.

Symptoms of tongue-cancer wherein 'Vayu' is prevalent

In a *Vāta*-originated ulcer the tongue becomes cracked in several places, it loses the sense of taste, the sore is attended with excessive pain, tumours and fleshy warts appear on the surface of the tongue and the disease is marked by excessive aggravation.

Symptoms of tongue-cancer in which 'Pitta' prevails

A *Pitta*-originated sore is attended with excessive hæmorrhage and burning, and it suppurates very quickly.

Symptoms of tongue-cancer having the predominance of 'Kapha'

A cancer of the above type becomes too much purulent, the tongue exudes a copious quantity of saliva, it is unusually swollen and the overgrowth of flesh is also abnormal.

In cancer of the tongue having a prevalence of *Kapha*—Medicines prepared mainly with aconite, mercury and orpiment are to be used.

CHAPTER X

' CANCER OF THE GUMS

The initial stage of gum-cancer

Gum-cancer exhibits itself in various ways :—

1 At the outset, a bruise-like sore appears in a corner of a gum. This sore gradually grows in size and depth.

2. In some cases granular nodules appear on the edge of the gum and gradually these nodule get intermingled to form a pretty big tumour which becomes enlarged by degrees and affects the glands on the outer side of the cheek and then the cheek and the neck merge into each other on account of swelling By and by the outer glands become painful.

3. In some other cases, granular sprouts like those of a cauliflower appear on one or both sides of the gum and these granules co-mingle and develop.

4. In some instances again, there is swelling of the the gum as n a gum-boil which is often overlooked. By degrees, from this gum-boil an opening is formed in the gum and this opening penetrates through the outer side of the cheek.

5. Extraction of teeth is often found to be responsible for a serious type of cancer. It is not unoften the case that a person's faultless tooth is extracted either through the inadvertence of the dentist or the ill-luck of the patient concerned, and the ulcer that in consequence is formed in the gum culminates in a cancer in course of time.

6. We have observed many cases, where a chronic sufferer from tooth troubles such as swelling of the gum

etc. at length seeks the help of a dentist. Many an inexperienced dentist, regardless of the condition of the boil, applies his knife before it is mature for operation and thereby causes the formation of an incurable ulcer that ultimately turns into cancer.

7. A gouty, rheumatic, or arthritic patient is usually a sufferer from swelling of the gums. If, to get relief from the persistent tooth-trouble, the patient seeks the help of a dentist, and the latter without due regard to the original cause (gout, arthritis) of the disease persuades himself to apply his lancet to the gum, then in most cases he opens the door to a cancer

The secondary stage of gum-cancer

In the secondary or middle stage the various types of gum-cancer are characterised by the following features :—

1. The ulcer begins to bleed at intervals 2. The nodules begin to grow in size. 3 The outer glands being affected harden like a piece of brick. 4. The sore which is aggravated begins to exude saliva. 5. Then the mouth of the patient starts to emit a foul smell.

The third stage of gum-cancer

In this stage the patient gets intermittent attacks of fever and each attack is followed by progressive debility and loss of vitality. Another characteristic of this stage is a severe type of pain. The patient begins to suffer from aches in different parts of the body. The sore in the gum gives rise to excruciating pain in the head, the affected glands, the two ears or around the gums

Another noteworthy feature of this stage is the flood-like copious flow of saliva so much so that the patient has to sit up with a spittoon in hand. The saliva emits an extremely fetid smell. The fourth and the most distressing symptom is the "lock-jaw." this

the patient is unable to take any food and his bowels become loose with occasional purging of liquid stools. The fifth symptom is the excessive growth of the outer glands which become as hard as a piece of brick and inside the mouth appear multitudes of granules like the tips of a cauli-flower, which spread themselves by degrees. These granules, if hurt in the least, begin to bleed copiously. Sometimes, without any cause whatsoever, blood spurts out in an excessive quantity. At this time the patient experiences difficulty in swallowing any sort of food.

The after-effect of a surgical operation on a gum-cancer

As a result of applying the lancet to an immature sore, small nodules sprout up around the base of the tooth just as innumerable boughs and twigs reappear a short time after the lopping of the branches of an oleander (*Karabi*) tree. In some cases, the sore is not healed up but develops into a sinus in the gums, which appears on the other side by penetrating through the gums and the jaw, and this sinus exudes a continuous flow of secretion and saliva. After an operation, the ulcer, in most cases, grows apace.

The after-effect of the application of Deep X-ray and Radium on gum-cancer.

As a result of the mis-application of Deep X-ray and Radium, i.e., excessive exposure from them, the whole of the cheek is hardened like a slab of brick. In some cases, the over-developed glands undergo a partial diminution in size for the time being, only to be followed by a much greater development. Over-application of Deep X-ray or Radium has the effect of scorching the flesh of the entire cheek, which, after a time, sloughs off with profuse bleeding and then follows a fourfold aggravation of the

patient's secretion of saliva, ulceration, wasting, pain, bleeding, fever and diarrhoea, etc.

The fourth or the last stage of gum-cancer

In this stage, the patient begins to get regular bouts of fever in the afternoon with a remission overnight. These regular bouts of fever gradually culminate into a chronic one. Diarrhoea becomes its companion, which after a time is followed by œdema, which subsequently subsiding brings on emaciation of the body. At this time, the patient loses the capacity of taking any food and in consequence his vitality gradually begins to decline. At length the patient succumbs to lassitude, torpor and dyspnoea.

Treatment of Gum-Cancer

Prior to starting the treatment of gum-cancer a physician should acquaint himself with the fact whether any reaction has been brought about in the patient by the application of the lancet, deep X-ray or radium. In the absence of the above methods of treatment and in case the patient's strength and weight be intact, his system should be cleansed off by means of purgatives, emetics, fomentation and snuffs, etc. Then comes treatment with drugs. It should also be first ascertained whether the disease has been originated by the aggravation of Váyu, Pitta or Kapha or a combination of the three.

In Váta-originated gum-cancer, there is inflammation with acute pain and itching.

In Pitta-originated gum-cancer, there are profuse bleeding, burning sensation, suppuration and foul smell.

In Kapha-originated gum-cancer there are excessive salivation, secretion of pus and swelling of the ulcer.

In Sannipátaja gum-cancer, acute pain, hæmorrhage, salivation, œdema, burning and suppuration etc. are present.

As stated before, in case the patient be not emaciated and debilitated, his body should be cleansed by purgatives and emetics and his head by snuffs. Then he should wash his mouth with handfuls of the following infusion —

1. Barks of a banyan tree, peepul tree, jack-fruit tree, sacrificial fig-tree, pákur tree (*figus venosa*), mango tree, black-berry tree, acacia tree, *Bakul* tree, barks of the roots of a castor tree, guava tree, cocoanut tree, betel-nut tree, *Kurchi*, *Kadamba* and plum trees—one tola of each of these to be taken and boiled in 8 seers of water of which only one-fourth (*i.e.*, 2 seers) to remain. The mouth should be washed by sipping handfuls of this infusion. This removes bad odour of the mouth and decay of teeth. If there be a sinus in the gum and if that sinus be curved and many-mouthed, the tooth should be pulled out and the cavity should be scorched with a piece of burnt turmeric (imported from Patna) Thereon the mouth is to be washed with gargles of the under-mentioned infusion :

Bark of a nut-meg tree ('játipatra'), *Madanaphala*, catechu, and bark of *Bikankata*—2 tolas of each of these to be taken and boiled in 2 seers of water till a residue of $\frac{1}{2}$ seer only remains This infusion is to be held in the mouth as long as possible.

Mustáka, *Lodhra*, aniseed, *Sthalapadma* (*Hibiscus mutabilis*), *Rásanjan* (stibium), *Pattángam* (Beng. *Bakm-kástha*)—equal quantity of each of these things to be powdered together and mixed with honey to be held in the mouth. This affords relief to all sorts of tooth complaints. A decoction of these things, if held in the mouth, is beneficial in diseases of the gum.

All sorts of gum-complaints are removed by holding in the mouth "Mahásahachara Taila," "Irmedádya Taila," "Lákshádya Taila," and "Vakuládya Taila."

'Yashtimadhu (liquorice), 'Lodhra', 'Utpalam', 'Anantamul', 'Syámálatá', 'Aguru' (the aloe-wood), red ochre, white 'Kantakári', 'Paundarika'—oil cooked with the decoction and *halka* of these things and then taken as snuff cures diseases of the gum.

"Sahakára Gudiká" and "Khadira Batiká," if held in the mouth, cure all kinds of tooth-complaints.

The bark of "Dárúharidrâ", bark of *Neem* tree, 'Rasánjana' (stibium), Indraçava,—a decoction of these, if taken with honey, cures all kinds of diseases of the mouth.

Prescription No. 1

1. Mánikya-rasa—To be taken in the morning with 10 drops of clarified butter and 20 drops of honey.
2. Udayabháskara-rasa—At 10 A M with the juice of mango-ginger and honey.
3. Khadirárishta—Twice after meals.
4. Panchatikta-ghrita-guggulu—At 5 P.M with tepid water.
5. Mahábhallátaka—At 7 P.M. with the *serbat* of sugar.
6. Mahálakshmi vilásh with gold—To be mixed with honey and taken at 10 P M. with tepid milk.

Prescription No. 2

1. Rasátálaka—To be taken in the morning with the juice of betel-leaves and honey.
2. Aditya-rasa—To be taken at 10 A.M. with the juice of ginger and honey.

3. Sáribádyásava.—Twice after meals.
4. Pásupata-rasa—At 4 P M. with lemon juice and honey
5. Brihat Yogarája-guggulu.—At 7 P.M. with the decoction of “Brihat Manjishthádi”
6. Vasantamálati-rasa—To be pounded with honey and taken at 10 A.M with milk and sugar

Prescription No. 3

1. Bansapatra-haritála-bhasma—1/16th of a ratī to be taken with clarified butter in the morning
2. Rectified ‘Hingul’—Two ratīs to be taken at 10 A.M with the juice of *Patol* leaves, sugar and honey.
3. Vásá-drákshárishta—Twice after meals.
4. Pravála-yoga—To be pounded with honey and taken at 4 P.M. with milk and sugar
5. Trailokya-chintámani—To be mixed with honey and taken at 6 P M. with milk and sugar

What are Wholesome and Unwholesome

Wholesome.—Letting of vitiated blood, purging of head and body, emetics, gargling with the infusions of pungent, bitter and astringent articles, rice of Sáli paddy, barley, bread of wheat, *Mung*, *Masur* (lentil), Chholá (vetch), Arahar pulses, meat of animals living in dry tracts, clarified butter, sugar, sugar-plums and sugar-candy, etc.

Unwholesome.—All kinds of sour fruits, cold water, cleansing the teeth with the twigs of trees, coarse rice and articles that can be chewed with difficulty.

CHAPTER IX

CANCER OF THE CHEEK

The primary stage of cancer in the cheek

Cancer of the cheek is preceded by an abrupt swelling in any part of it. This swelling takes the shape of a tumour, which in most cases is attended with pain. In certain cases, tiny nodules in the form of the sprouts of a cauli-flower spring up inside the throat, and those nodules being joined together give rise to cancer of the cheek, which is so difficult to cure. In certain other cases, wens in the shape of mushrooms crop up inside the cheek, which growing day by day produce intense pain in the ears, throat and head of the patient.

The secondary stage

In the secondary stage of cancer of the cheek the exterior glands of the cheek are affected and become swollen. With the gradual augmentation of this swelling, the cheeks and the throat are merged into one another. Then the patient occasionally begins to suffer from lock-jaw and being unable to open his mouth he cannot take any solid food, and has somehow to subsist on liquid foods only.

The third stage

In the third stage of cheek-cancer, there is simultaneous development of the tumours inside and outside the cheek and from these tumours there is discharge of blood, saliva, and pus. The patient then begins to experience severe pain in the ears, throat and head. In some cases, the patient's cheek gets perforated, which causes intense pain to the patient.

The fourth or the last stage

In the last stage of cheek-cancer, the patient gradually loses the power to take any solid substance and is capable of drinking liquids only, which even he ultimately

fails to do. This stage is also marked by chronic fever and owing to his incapacity to take any food, the patient gradually becomes debilitated and devitalised and ultimately goes the way of all flesh.

Treatment of Cheek-Cancer

In case the patient be not bereft of his flesh and strength, the *Panchakarmas* like purgatives and emetics etc should be applied. After the purging of the system, mineral drugs give excellent results.

For washing the sore, water boiled with *Triphalá* and leaves of *Neem* should be used. In case of lock-jaw, the infusion of "Dasamula" should be used as *Kavala* (gargle).

Lock-jaw is removed by using gargles of honey in the morning, of clarified butter at noon and, of tepid mustard oil in the afternoon.

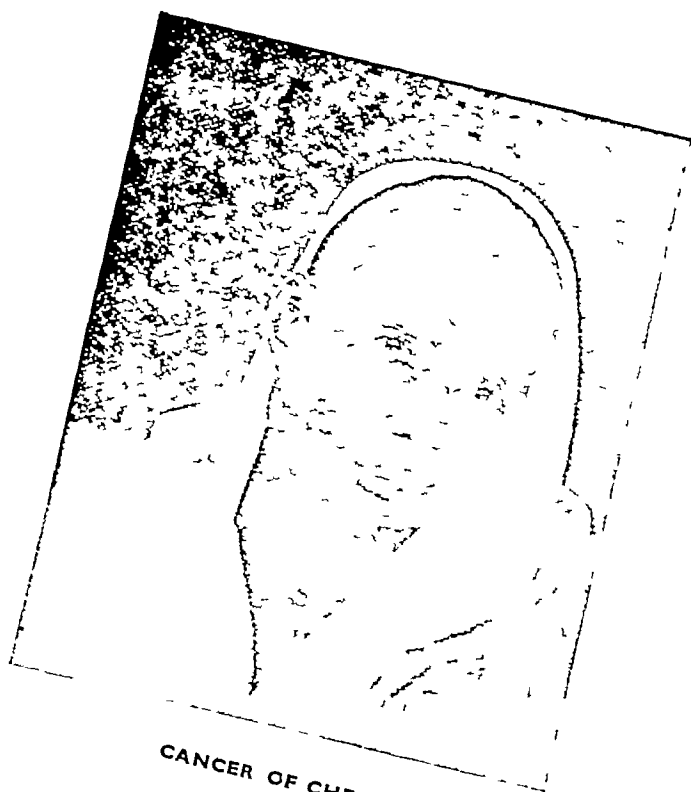
Cancer of the cheek is alleviated by drinking the decoctions of acacia and *Bakul*, red-sandal and liquorice and of myrobalan only

Inflammation of glands and lock-jaw are removed by taking snuffs of "Sharabindu taila", "Dasamula taila" and of "Sákhota taila" and by rubbing with "Mahamásha taila."

Ulcer of the cheek is healed up by holding in the mouth "Irimeádya taila", and "Bakuládya taila".

Ulcer inside the cheek is healed by the application of a plaster prepared with genuine musk, catechu, camphor and clarified butter

Ulcer both inside and outside the cheek is healed up by a plaster with "Yashtimadhwádi Ghrita" or "Bhulátáya Ghrita."



CANCER OF CHEEK

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Prescription No. 1

1. Dhátugarbha Brihat Yogarája-guggulu.—To be taken in the morning with "Manjishthádí" decoction
2. Mahábhalláka.—At 10 A M with the *sherbat* of sugar.
3. Mahádasamulárishta.—Twice after meals with cold water.
4. Panchatikta-ghrita-guggulu —In the evening with tepid milk
5. Saptaprastha-mahámásha-taila —Rubbing on the swollen cheek
6. Dhátugarbha-Madanánda Mudak —With tepid milk after the evening

Prescription No. 2

1. Mahátáleswara Rasa —To be taken in the morning with clarified butter.
2. Madhyama Manjishthádí Páchana —At 8-30 A.M.
3. Rectified Hingul —At 10 A M with the juice of Patol leaves, sugar and honey.
4. Sáribádyásava.—Twice after meals with cold water.
5. Vátári Rasa.—To be taken in the afternoon with the decoction of dried ginger and the roots of a castor tree.
6. Panchatikta-ghrita-guggulu.—With tepid milk in the evening.

Prescription No. 3

1. Vansapatra Haritála-Bhasma —To be taken in the morning with clarified butter.
2. Drákshárishta —Twice after meals with cold water.
3. Sarva-Vátári —To be taken with tepid milk.

4. Aditya Rasa.—To be taken in the afternoon with ginger-guice and honey.

5. Trisatiprasāraṇi taila—To be rubbed in the evening.

Articles wholesome and unwholesome

Prohibited—Greens, acids, day-time sleep, brushing the teeth with the twigs of trees, articles hard to chew, cold water, too much of pungent things, loading the stomach while yet full, dry and rough food, etc.

Allowed.—Clarified butter (from cow's milk), juice of meat of animals inhabiting a dry place. Bread of barley and wheat, juice of fresh, ripe and sweet fruits, pulses such as *mung*, lentil, gram and *arahar*, sugar, sugar-plum and gruel of *sālī* rice.

CHAPTER XII

CANCER OF THE PALATE

The primary stage of cancer of the palate

The initial stage of cancer of the palate is marked by the appearance of a nodule, which in certain cases takes the shape of a fleshy lump, in certain others the form of a cauliflower and in still others it hangs down from the palate as an elongated piece of skin like the udder of a cow. It looks like the uvula. These nodules gradually grow in size and cover up the entire cavity of the mouth. In many cases, this fleshy growth appears like the sprouting of another tongue from the palate and on this so-called tongue crop up innumerable tiny wens resembling the grains of a cauliflower and at the slightest stroke they begin to bleed.

Some cases of palate-cancer are marked by the total absence of any tumour or fleshy growth. In those cases, an ingrowing and corroding ulcer is formed on the palate and this ulcer gradually begins to extend and penetrate

inward more and more, and on and around this ulcer crop up small tumours like the grains of a cauliflower.

Palate-cancer is marked from the very start with burning and pain, and then follows hoarseness of voice. From the very onset of this disease the patient experiences difficulty in eating and speaking.

The secondary stage

At this stage the tumour and the ulcer begin to bleed. The first few days of profuse bleeding is followed by relief from all sorts of burning and pain. After a few days' respite there is relapse of pain and burning in an aggravated form. One noteworthy feature of this stage is the secretion of saliva from the ulcer, which is so profuse that the patient has to sit up with a spitting pot in hand. Palate-cancer of those who were early sufferers from gonorrhœa or syphilis is generally deep-penetrating. At this time the patient begins to suffer from an agonising pain in the ears, throat and head and he has almost to forbear from food. He has to drag on his existence on liquids only which even tend to pass out through the nose and the patient's ears, cheeks and throat become so swollen as to coalesce into one another.

The third stage

Extremely pitiable, indeed, is this stage, when the patient loses the capacity to swallow anything whatsoever. He has to fast even without a drop of water and grows more and more emaciated with life still lingering. Being afflicted with tormenting complications such as acute pain in the cheek, throat, ears and the head, incessant flow of saliva, occasional bleeding, loss of the power of deglutition, choking of speech and difficulty of breathing, he has at last to breathe his last.

Treatment of cancer of the palate

Our wide and prolonged experience from dealing with various types of ear the ns

human body has confirmed us in our belief that one and the same medicine never acts as a specific for all types of cancer. One medicine that was found to be effective in a particular case has proved otherwise in another case. Cancers of particular organs are amenable to particular drugs. Throat-cancer is not cured by drugs that are found effective in a case of rectum-cancer. From the early Vedic age *i e.*, from the advent of Ayurveda down to the eve of the age of treatment with *Risas i e.*, chemicals, herbs were discovered and applied only after the discernment of the nature of derangement of the particular *Doshas* (*i e.*, Váyu, Pitta and Kapha) working in the system.

If the true nature of the deranged *Dosha* be ascertained and medicines be administered to counteract it, the derangement is corrected and the disease cured. Physicians of the Rasa school (chemo-therapeutists), however, mainly rely in most cases on the special and hidden potency of their drugs. In the majority of cases, they administer medicines irrespective of the derangement of the *doshas* and are able to show amazing results. The same medicine being used in various ways in a variety of cases produces multifarious results. Nevertheless a knowledge of the suitability of a particular medicine to a particular case is essential. Methods of treatment must vary according to the variety of the patients, their diseases and the generating causes. That is why the drugs that are found to be efficacious in throat-cancer are not found to be so in the case of palate-cancer. Various medicines are used in cancer of the palate.

Medicines prescribed in palate-cancer

1. Decoction of liquorice and "Gorakshatandula" (Beng. *Goraksha-Chákulá*) or milk boiled with these ingredients cures palate-cancer. (One tolá of each of

these, $\frac{1}{4}$ th seer of milk and one seer of water are to be boiled till only $\frac{1}{4}$ th seer of the contents remains)

This medicine is to be continued for some length of time, and should not be stopped out of impatience for a quick recovery

2 The decoction of *Anantamul* and *Topchini*—one tola of *Anantamul* and one tola of *Topchini* to be boiled in half a seer of water till only $\frac{1}{8}$ th of a seer remains This decoction, if drunk for a long period, cures cancer of the palate

3 Mahábhallátaka-gur— $\frac{1}{2}$ tola taken daily with milk and sugar removes palate-cancer

4 Panchatikta-ghrita-guggulu—Taken with tepid milk cures cancer of the palate

5 Panchanimbádi Churna—The bark, fruit, root, leaves and flowers of a *Neem* tree are to be pounded together $\frac{1}{4}$ to $\frac{1}{2}$ tola of this powder taken with ghee, honey and sugar relieves cancer of the palate.

6. Hingvádi Churna (occurring in *Bhábaprikása*) taken with heated ghee along with rice cures cancer of the palate

7. The following “Asava” is highly beneficial in cancer of the palate.—

Gorakshatandula (Beng. *Goraksha Chákuliá*), Anantamul, the root of Arjuna tree, Liquorice, Dáruharidrâ, Aswagandhá, Balá (Beng. *Berelá*), Devadâru (a species of pine,) Durálabhá, Kankakâri, the bark of Vâkas, Red-sandal, Bacha, Kustham, Karkatasringi, Tâhsam (Beng. *Tâhsaptra*), Katurohini (Beng. *Katki*), Amalaki, Haritaki, Bibbitaka (Beng. *Baherá*)—all these together 5 seers, water 2 maunds, molasses 25 seers, Dhâtaki (Beng.

Phul) 1½ seers, raisins 10 seers. By drinking this “Asava” palate-cancer is cured and it also acts as a good tonic.

8 “Udaya-bhāskara-rasa”, as mentioned in my *Rasachikitsā*, Pt III, is an excellent remedy for this disease

9 “Mānikyarasa”, “Rasamānikya”, “Rasatālaka”, pounded with ghee and honey and taken with the decoction of “Amritādi” is highly beneficial

10. In cancer of the palate, if all foods come out through the nose “Rasa-parpati” prepared with mercury obtained from “Hingul” may be administered with good benefit.

11 Hansapādi Ghrita, Madhu Ghrita, Durvādya Ghrita, Bhulatādya Ghrita, Jibanti Ghrita, Nāgabalā Ghrita and Gokshurādya Ghrita taken internally are beneficial in cancer of the palate. In cancer of the palate the following ghrilas should be used, viz, Nāgabalā Ghrita for putrefaction, Yashtimadhwādi Ghrita for hæmorrhage, Satāvāri Ghrita for burning, Amritādi Ghrita for fetid smell, Gokshurādya Ghrita for loss of power of smelling, and Mahātikta Ghrita for all kinds of complaints. In Pittaja cancer of the palate, Drākshādi Ghrita, Drākshārishtha. Brihat Vāsāvaleha, and incinerated copper should be administered In Vātaja cancer of the palate Nāgabalā Ghrita, Jibanti Ghrita, Panchatikta-ghrita-guggulu, Aswagandhārishtha and Svārṇa-parpati should be used In Kaphaja cancer of the palate, incinerated orpiment is the best medicine. “Vajra-parpati” is the best medicine for cancer of the palate which is due to chronic dyspepsia If cancer of the palate be generated as an after-effect of syphilis and gonorrhoea, Branāri guggulu, Rasa Karpur, Mahābranāri, Saptāmṛita Rasa, Bangaratna, Rasendrayog and such other medicines should be taken with the decoction of

“Anantāmul” and “Topchini”. To cure the affected glands “Raudra-rasa”, Bitumen (Silājatu), incinerated copper, “Kānchanāra Guggulu” should be used with the decoction of “Nāgabalā”. In hoarseness, rectified “Hingul” (2 ralis at a time) should be taken with the juice of “Brāhmi” and honey. In anaemia, incinerated iron should be taken with the juice of “Kokilāksha” (Beng. *Kulekhāra*) and honey.

In case of suffocation due to excessive swelling in the throat, snuff of “Sākhota taila” and application of “Dasamula taila” on the head are beneficial. Surgical operation is of little use in cancer of the palate. In an aggravated stage of the disease, ultra-violet ray, Choul’s ray, and deep X-ray are only palliatives. But excessive application of these only tends to aggravate the disease. So these should be made use of with great caution and consideration. This has been dealt with in detail in the previous chapters.

Diet in cancer of the palate

Allowed.—Pure ghee, milk and juice of ripe and fresh sweet fruits.

Prohibited.—Excess of pungent articles, acids, meat, fish, eggs, and fibrous articles.

CHAPTER XIII

CANCER OF THE LIPS

Generally there are two types of cancer of the lips. In the first type, very small nodules appear on one side of a lip which is entirely covered with the gradually diffusing nodules. In some cases, only one of the lips is affected, while in others both of them. These nodules resemble a cauliflower. Some of them are white as in leucoderma, while others are reddish as in the type of leprosy called "Kilása". Their growth is extremely slow so much so that in certain cases it takes not less than 25 years to travel from one extremity of the lip to the other. In certain other cases, these suppurate and dissolve in a short time. Those tumours which begin to melt rather quickly are often attended with hæmorrhage and the slightest touch of the hand causes bleeding in a copious flow. After a few such bleedings at intervals, the tumours begin to dissolve and exude watery secretion. With the commencement of watery discharge, the patient's body begins to get drier and drier day by day.

In the second type, nodules do not make their appearance from the beginning. But a sore appears on a certain part of the lips from the very beginning and the sore gradually penetrates into and wears out the entire lip. This sore is very sensitive to touch, that is, the slightest touch causes it to bleed. The sore emits a very offensive odour. A patient with a penetrating ulcer in the lips has not to suffer for such a lengthy period as a patient with nodular cancer on the lips. An inward-penetrating cancer of the lips is far more painful than that with wens.

Treatment of lip-cancer with wens

In the above type of cancer "Somanáthatámra" is an excellent remedy. Prolonged use of this medicine

reduces the growth of the nodules and stops the discharge of fluid and blood from them. "Raudharasa", "Silá-jatupravaga", "Mánikvarasa", "Rasamánikya" are also efficacious in such cases. In the very first stage "Khadirárishta". "Mahátikta Ghrita" and "Amritabhallátaka" are useful. "Haritála Bhasma" (incinerated orpiment) taken with "Amritádi Páchan" and "Brihat Manjsthádi Páchan" is beneficial.

Diet - Pure ghee and milk (cow's), goat's milk, wheat, sugar, *patol*, figs, *phunga*, bitter gourd, arum, mung, lentil, gram, apple, pear and other ripe fruits.

Treatment of deep-penetrating lip-cancer

"Rasa-parpati" is the best medicine for this kind of cancer. Its use quickly stops the putrefaction of flesh, ulceration, corrosion and inward penetration. "Brana-rákshasa taila" is also beneficial in such cases. Penetrating cancer of the lips is relieved by prolonged use of "Nágabalárishta", "Arkatala", "Somanátha-támra", "Mahátikta-ghrita", "Amritabhallátaka", "Panchatikta-Ghrita-guggulu" are also efficacious.

Diet.—Vegetarian diet, ghee, milk, sweets, fresh fruits and roots, *luchi* and bread, etc.

CHAPTER XIV

CANCER OF THE NOSE

Cancer of the nose starts in various ways. In some cases, the beginning is marked by the appearance of a fleshy growth on the nose. In some other cases, overgrowths of flesh appear on one or both sides of the nostrils. In several other cases fleshy growths crop up inside the nose. In the rest of the cases, an ulcer of a corroding type starts on one or both sides of the nostrils.

Complications in Nose-cancer.—Generally cancer of the nose is attended with complications like pain, hæmorrhage, discharge of fetid pus and water, loss of the power of normal speech, and diminution of the power of smell.

A Special cause of Nose-cancer

Most of the patients of nose-cancer that have hitherto happened to be visited or treated by us were found to be victims of gonorrhœa or syphilis at an early age, which was not properly treated and radically cured. A treatment conducted according to this clue of dormant gonorrhœa or syphilis was successful in curing cancer of the nose. Some patients were found to be suffering for a long time from coryza of the head with the crown heated at all time. After suffering for some time in this way, the patient developed an ulcer in the nose, which later on turned into cancer. So it is found that coryza may also be at the root of nose-cancer.

Treatment of nose-cancer of a corroding type

A corroding ulcer should be washed with the decoction of *Triphalá* (the three myrobalans) and *Neem*. The undermentioned medicines are efficacious in ulcers of this type :—

1. *Madhu Kshir*—Gorakshatandula (Beng. Gora-ksha-Chákuliá)—one tola, and Yashtimadhu (liquorice)—

one tola to be boiled in $\frac{1}{4}$ th seer of milk and one seer of water till only the milk remains. This is to be strained and drunk with honey.

2. Jibanti Kshī—Jibanti—1 tola and Anantamul—1 tola to be boiled as above and drunk with honey.

3. Anantādi Kṛcātha—One tola of Anantamul, and one tola of Topchini to be decocted in half a seer of water with a residue of $\frac{1}{8}$ th of a seer only and then to be drunk.

4. Chandanādi Kṛcātha—Red sandalwood—one tola, and liquorice—one tola to be decocted as above and then drunk.

5. Khadirādi Kṛcātha—Wood of catechu, seeds of Somarāji, Amalaki, Haritaki, Bibhitaka, bark of Neem tree, Guruchi, leaves of patol, Kantikāri, Vāsaka, Chirettā, Chakramarda, seeds of Kokilāksha, Satamuli, Anantamul, white Sandal, Topchini, Reuchini, Benāmul, and Bālā—each of these to be taken equal to the weight of an anna and a half and then to be boiled in half a seer of water leaving a residue of only $\frac{1}{8}$ th of a seer. The decoction is to be filtered and then drunk.

Three months' continuous and regular use of "Brihat Vāsāvaleha", "Bhallātaka Gur", "Panchatikta-ghrita-guggulu", "Mahatikta-ghrita", and "Amrita-bhallātaka-ghrita" with tepid milk cures cancer of the nose.

"Tāmrabhasma", "Somanāthatāmra" and "Tāmrasindur" are sovereign remedies for all kinds of nasal cancer.

Incinerated lead, incinerated copper, bitumen, mercury, sulphur, Hingul, orpiment, mica, iron, tin—these to be taken in equal weights and to be immersed

decoction of *Anantamul* and *Topchini* for seven days and to be made into pills of 2 ratis each which are to be applied with the decoction of *Gorakshatandula* (Beng. *Goraksha Chákuliá*) and liquorice in this disease.

Eight tolas of *Sataputita Abhra** is to be immersed for one day in the decoctions of each of 'Jibaniyagana', 'Ashtavarga', Liquorice, 'Anantamul', 'Gorakshatandula' and 'Topchini' and with this are to be mixed 8 tolas of 'Hingulottha' mercury and 8 tolas of 'Amláshá' sulphur and then to be pounded with the juice of aloe and then baked in "Gajaputa." After baking, the medicine is to be raised and doses of 2 ratis each are to be taken with honey and sugar. This will stop the corrosion of ulcer and heal up the sore.

Diet

Allowed—Milk, ghee, butter, posset, sugar, bread, *luchi*, *halua*, *paretta* and fresh, sweet and ripe fruits.

Prohibited—Egg, fish, meat and chilis.

N B.—I have not observed any benefit being derived from the application of Deep X-ray, Choul's ray or Radium in cancer of the nose

Treatment of Cancer of the Eye

Cancer of the eye is an extremely serious malady which proves fatal in the majority of cases. At the outset a tumour starts growing very slowly in the eye. The eye at first begins to lachrymate slightly, is afflicted with throbbing and stitching pain. This tumour grows by degrees and the inner portion of the eye bulges out. After some time the tumour bursts and begins to bleed profusely. In some cases, however, it does not burst; instead, the entire forehead, the bases of the ears, the cheeks and sometimes the whole face become

* Mica baked a hundred times

swollen and present a hideous appearance. In this stage appear complications like fever, cough, loss of appetite, pain in the affected parts and gradual loss of strength. In certain cases, the tumour, instead of growing outwards, penetrates inwards. In such cases, the tumour becomes ulcerous and this ulcer exudes fluid and occasionally blood as well. This ulcer gradually extends and destroys the whole eye.

Most of the patients suffering from eye-cancer that have till now come under our observation have been found to be sufferers from syphilis in their youth. Besides, those who are chronic sufferers from catarrh with inflammation and reddening of the eyes may in future be victims of cancer of the eye. Workers in factories of cement, jute and cotton and coal-mines are also prospective victims of carcinoma of the eyes.

According to Ayurveda, the best antidote to all kinds of ailments of the eye is pure ghee taken with food or medicine. The next in efficacy is *Triphala* (the three myrobalds). One can remain immune from diseases of the eye if he duly washes his eyes with the infusion of *Triphala* and also drinks it and takes ghee with his food.

As soon as a tumour is discovered in the eye, "Raudra-rasa" should be taken with the juice of "Punarnava". At 10 A.M. "Nityānandī-rasa" should be taken with the juice of ginger and honey as also "Pārthādyarsha" twice after meals; "Mahātriphalaḍya Ghrita" with milk in the afternoon and "Aditya-rasa" with the juice of ginger and honey. In case impurities of blood be present, "Mānikya-rasa" should be taken in the morning and "Panchatikta-ghrita-guggulu" in the afternoon.

If the tumour be quick in growth, it should be operated on without loss of time. One should rather remain

one-eyed after the operation than allow the tumour to turn into cancer with the lapse of time.

If the tumour be of a deep-penetrating and corroding type, "Rasendrasára", "Amrita-bhallátaka", "Yoga-ratnákara", "Kushthánta-parpatí", "Támra-parpatí", "Somanatha-támra", and "Mahatikta ghrita" etc. are excellent remedies

Deep X-ray or Radium is not applicable to cancer of the eye. Before the tumour turns out to be malignant, the best treatment is to have recourse to surgical operation and administration of medicines. A penetrating and corroding ulcer should be washed with the aforesaid "Triphaládi Kasáya" and "Madhughrita" should then be applied. The administration of "Mani-parpatí" can effect a radical cure of the tumour of the eye. The use of "Haritála-bhasma" (incinerated orpiment) has the effect of retarding the growth of the tumour and curing the deep-seated ulcer.

Regimen of Diet

The patient should take a plentiful quantity of ghee, the head of a *Rohita* fish, fresh fruits, milk, meat, sweets, etc and should live in a well-ventilated, commodious, open and dry house.



CANCER OF HEAD

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CHAPTER XV

CANCER OF THE HEAD

Cancer of the head is as terrible as that of the eye. In most cases, it is neglected. At the outset of the disease a tumour resembling the fruit of a banyan tree or a gunjá fruit (Beng. *Kunch*) appears on the head. By degrees this tumour grows in size and the patient becomes enfeebled. Gradually fever sets in, which continues for the whole night and subsides on the morrow, just as in the case of a consumptive patient. The temperature runs higher and higher day after day. But the tumour shows no indication of ripening. With gradual enlargement it assumes approximately the form of an ant-hill and begins to suck up the entire blood of the system. By and by a single tumour multiplies itself into many. According to Charaka, a tumour that divides itself into two is incurable. At this stage the patient begins to be afflicted with pain. In the beginning the pain starts at a particular point of time to subside after a short while. By and by the duration of the pain lengthens and the time of commencement also changes. The patient gets progressively reduced.

The pain becomes so intense at times that the patient occasionally becomes senseless. This aggravated condition of cancer of the head excites awe and pity.

The main thing to be noted about cancer of the head is that its first appearance is like a small tumour. If this tumour be treated with alkalis or be operated on while it is still in a benign state, ninety per cent of the patients may be cured. When the tumour is deeply embedded, surgical operation or the application of alkalis is of no effect. Then deep X-ray, X-ray, radium, the application of leeches or external plasters and fomentations far from effecting any amelioration, only augments the growth of the tumour and gradually intensifies the suffering of the patient so much so that the patient's life becomes unbearable. Unless such a tumour be

interfered with, its growth is very tardy and its assumption of malignancy is also gradual. With such a tumour, a patient may survive for a long time.

A wise physician should never treat a split tumour with any external application. My personal experience leads me to assert that external applications in this type of tumour have not only proved ineffective in almost all cases without exception but have added to the deterioration of the patient in the bargain. By external applications, I mean deep X-ray, radium and the application of leeches etc. When the tumour of the head begins to develop, a patient should take particular care of his general health without caring much for the tumour. If there be any morbidity in his general health, this should first of all be rectified. Having due regard to the derangement or the reverse of the internal *doshas*, blood-purifying and tonic medicines should be prescribed. In case there be excess of fat in the body, fat-reducing medicines should be prescribed. With the elimination of obesity the bodily humours come to a state of normality. As a result of this the growth of flesh in the tumour is stopped and in course of time the tumour disappears. One part of *kshár* (alkali) prepared in accordance with the method as prescribed in *Susruta*, one part of the fuller's earth (*Sarjī kshár*) and one part of stone-lime should be together pounded with water and applied on the tumour after shaving the head with a razor. Within twenty-four hours of the application of this plaster a benign tumour takes the hue of a ripe black-berry and is eradicated from the root. A single application is often enough to root out the tumour, otherwise the plaster should be repeated more than once for two or three days in succession. After the eradication of the tumour, it should be treated with ghee and honey as a fresh ulcer.

Good results have been obtained from surgical operations and the application of "Mahábhallátaka" in cancer of the head.

CHAPTER XVI

CANCER OF THE ESOPHAGUS

Among the various types of cancer, that of the esophagus is the most dangerous and distressful, and also the quickest in bringing about the death of a patient. The victim is in no time deprived of the capacity for swallowing food and meets his end out of suffocation.

Nature of the disease.—In most of the cases, a tumour grows just above the stomach and as it gradually develops in size, the patient begins to experience difficulty in swallowing any kind of food and even in drinking water. Ultimately it develops to such an extent as to block the mouth of the stomach when the patient can take no kind of food whatever. Thus being deprived of food, the patient grows more and more emaciated and finally suffocation puts an end to his life. In some cases, the tumour extends so far as to involve the entire stomach. In some other cases, even the heart is involved. In still other cases, it attacks even the lungs as a secondary growth and hastens his end.

Incidence of the disease.—At the present time Bengal seems to rank foremost in the incidence of cancer of the gullet. Males and females alike fall victims to it. The Bengalees are the worst sufferers from it. Persons of a lean constitution are more susceptible to this disease than those of a flabby one.

Etiology.—An investigation into the cause of the disease has revealed to us that indigestion and dyspepsia are at the root of this disease. Those who gobble up their food without proper mastication are the commonest among the victims, as also those who have the habit of taking *doktá* with betel-leaves. In spite of dyspepsia is another

A tumour is generated in the alimentary canal of those who are protracted sufferers from acidity, wind, sour belching and chronic aemibic dysentery with mucus and diarrhoea. Those who occasionally undergo absolute fasts are mostly victims of this disease. In course of our professional career we have come across many a patient among widows, and on enquiry have been apprised that each of them without a single exception used to undertake long and unmitigated fasts. Those who suffer from protracted dyspepsia, acidity or indigestion are more liable to this disease. Eighty per cent of the patients that have hitherto come under our observation were found to be sufferers from acidity, indigestion and flatulence for a long time since. The science of Ayurveda says that indigestion is at the root of all diseases. This saying of the great does not apply more aptly to any other disease than to cancer of the gullet. Those who suffer from chronic catarrh, difficulty of respiration and along with that from indigestion as well are the more probable victims of cancer of the gullet.

This disease is most often characterised by the absence of a tumour. Only the wall of the gullet becomes thickened which causes difficulty in deglutition. There are cases where the patient can drink water but not milk. In some other cases again, the patient is quite incapable of taking any sort of liquid whatsoever.

Treatment

This disease makes its entrance into the system surreptitiously like a thief and begins to work its way at a slow pace so that the patient remains in the dark about its attack till he begins to experience difficulty in swallowing and hence its treatment also cannot be commenced at the right time. When the tumour takes a malignant turn it is past any hope of a cure. A timely diagnosis and treatment can effect a cure in

almost each and every case. A few indigent patients have been cured by the adoption of a few simple recipes.

1. Chips of large myrobalans should constantly be held in the mouth and the juice thereof swallowed. The disease is radically cured if at least one hundred myrobalans are chewed in this way.

2. If a patient forms the habit of swallowing his food after masticating it for a prolonged time, he is gradually cured of the disease. This practice must be maintained for a lengthy period.

3. A few days' use of "Somanátha-támra" with ginger-juice and honey in the morning reduces the growth of the tumour, clears the throat and facilitates the passage of food through the gullet.

4. "Támra-parpatí" administered according to the directions regulating the use of "Parpatí" has the effect of removing longstanding acidity and of reducing the size of the tumour of the gullet and this helps easy passage of food into the stomach.

5. Tumour of the esophagus is cured by the use of any of the "Parpatis" like "Gagana Parpatí", "Rasendra Parpatí", "Bhudev Parpatí" or "Vajra Parpatí" according to the directions for the administration of "Parpatí".

6. "Silájatu" (bitumen) is also highly efficacious.

7. Nágabalá, Yashtimadhu (liquorice), Anantamul, and the leaves of Nisindá—half a tola of each of these to be boiled together in half a seer of water leaving a remainder of $\frac{1}{8}$ th of a seer. By drinking this decoction one may get relief from this disease.

8. A good deal of benefit is derived from drinking the decoction of (1) Amalaki, Haritaki, Bibhitaka bark of Neem, or (2

of the barks of Vāsak, Neem, leaves of Patol, Gulancha, Kantakāri, Amalaki, Haritaki and Bibhitaka, or (4) of dry ginger, black pepper, long pepper, Chabyam and Chitraka.

The origin of this malady may often be traced to obstinate and chronic acidity. In the early stage, the following prescriptions are highly efficacious :—

1 “Rasa-Parpati” with two ratīs of aniseed (jīrakam), one ratī of asafoetida, and a few drops of honey to be taken in the morning according to the directions for the use of “Parpati”.

2. “Krishnachaturmukh”—to be taken in the afternoon with the infusion of “Triphalā” (the three myrobalans.)

If the heart be affected—

Two ratīs of “Gagana-Parpati” with the decoction of Gorakshatandula (Beng. *Goraksha Chákuliá*), the bark of Arjuna, Aswagandhá, and Balá (Beng. Berelá)

In case of lung-affections—“Vansapatra Haritál Bhasma”— $\frac{1}{4}$ th ratī.

In case of hæmorrhage or hæmoptysis—“Udumbará-mrita” with cold water and the decoction of red sandal and liquorice

Diet.—Milk, tepid milk mixed with ghee, juice of meat, fruits, and *háluá*. In the first stage, simple rice and curry should be the main diet. In case of difficulty of deglutition, “Hingvashtaka Churna”, or “Hingvádi Churna” is to be prescribed. If the cause of the disease can be traced to acidity “Hingvashtaka Churna” gives excellent results. “Hingvashtaka Churna” or “Hingvádi Churna” taken with the first few mouthfuls of food is highly efficacious.

CHAPTER XVII

CANCER OF THE BREAST

The initial stage

In most cases, the first attack is on the left breast. A part of the breast first gets inflamed with a sensation of pain. In certain cases the nipple of the breast which becomes the first target retracts inwards and gradually the entire breast gets shrivelled, sunken and tightened up. In some other cases, the nipple gets reddened and swollen up like a tumour and the whole breast which is also likewise affected gets indurated like a brick. In some other cases again, both the breasts are simultaneously affected, the surrounding areas also being involved. The disease has been observed to have a very slow onset in the case of a few young widows. Several ladies aged forty to fifty years who were mothers of 10 or 12 children were found to have a violent and simultaneous attack in both the breasts, which got indurated like bricks in the short space of three months. Barren women are the common victims of breast cancer, which is found to exhibit itself in a most virulent form in the younger ones. Such a woman first gets one of her breasts affected and with gradual aggravation corrosion of the breast sets in, which culminates in the total destruction of the limb within two years. Then exactly the same thing happens with the other breast as well in the course of the next two years. Gradually it diffuses itself to the other limbs and finally makes an end of the patient. It is not universal that the nipple of the breast is the first target, but any part of it may be affected with a tumour. In certain cases it proves to be malignant from the inception. In certain other cases, however, its growth and development take place surreptitiously and without the knowledge of the patient. Breast-cancer in the case of widows of an advanced age has a very slow development and does not prove fatal so quickly. As a rule, the

malady manifests itself with the growth of a tumour whose development marks the aggravation of the malady and the suppuration and dissolution of the tumour synchronise with the end of the disease and the diseased

The secondary or aggravated stage

The growth and development of the tumour mark the aggravation of the disease itself Induration of the tumour is attended with the accentuation of pain. The pain starts with severity at a particular hour of the day and disappears after a few hours of affliction During the onset of the pain the affected part gets reddened and threatens to burst out then and there The breast then assumes the appearance of a ripening red custard apple. Other neighbouring glands of the breast are also involved in this aggravated stage. In the majority of cases, the glands under the armpits being involved give rise to the growth of similar tumours thereon. In some cases, these glands spread up to the neck and the back, and the patient's neck and shoulders become submerged into each other.

The third or the last stage

In this stage the tumour bursts and begins to bleed copiously. On the cessation of bleeding a portion of the breast becomes ulcerated with a whitish exudation. This ulcer gradually spreads around and with the decay of flesh the entire breast is lost. The ulcer then emits an extremely bad odour and becomes the breeding ground of innumerable white worms resembling wetted *Muri* (parched rice) Despite the loss of flesh, the skin remains in tact In a short time the flesh in the upper part of the breast contracts and recedes downwards and brings about emaciation in the patient. In some cases, the destruction of one breast is followed by invasion of the other. Simultaneous attack on both the breasts is also met with.



CANCER OF BREAST

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Indications in the last stage

(1) Onset of fever in the afternoon and remission overnight (2) Aversion to food in spite of hunger. (3) Vomiting (4) Hemorrhage from the ulcer (5) Change of natural complexion (6) The onset of pain at a fixed hour of the day and its duration for 3 or 4 hours at a stretch (7) Emission of an extremely fetid smell preventing the presence of anybody near him (8) Looseness of bowels as in the last stage of phthisis, and (9) Edema in the hands and feet

Who are the usual subjects of this malady?

The disease is more common among those women who were widowed at an early age or are sterile. The cessation of menstruation is usually followed by an attack of this disease. It is generally met with among women between forty-five and fifty. We have met with cases of women who had their uterus and ovary operated at thirty, having cancer of the breast at forty to forty-two.

The diffusion of breast-cancer to other organs of the body—In most cases it migrates to liver, spleen, arm-pit and the cheeks and thus enfeebles the patient.

Treatment of Cancer of the Breast

The great misfortune of a cancer patient is that the disease is not rightly diagnosed in the early stage. When the malady turns into a malignant one, it is then only that it is declared as a case of cancer. An early and correct diagnosis and appropriate treatment started at the right time can promise a fair chance of a cure. Incidentally we revert to a discussion of the premonitory symptoms of cancer. A feeling of malaise at frequent intervals, a painful sensation in different limbs of the body, periodical and frequent attacks of dysentery, abnormal growth of hair and nails, formation of dandruff

on the scalp, appearance of albumen in the urine, indigestion and dyspepsia are among the premonitory symptoms of this disease

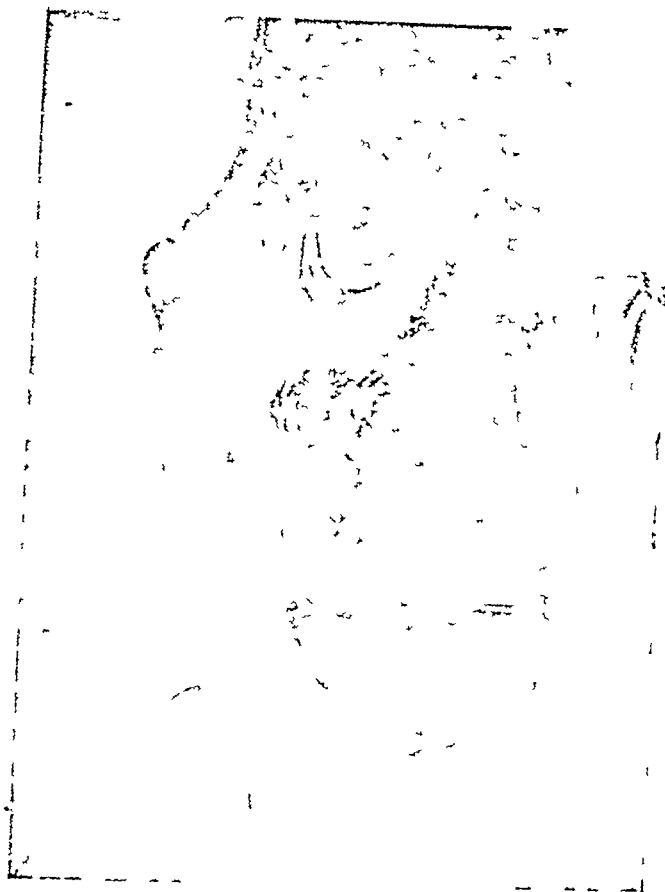
On the very first appearance of a tumour on the breast, it should be excised without delay. The entire breast should preferably be cut off, for a partial operation is sooner or later followed by recurrence. The patient needs a long course of treatment even after the elimination of the breast in toto. Many a patient meets an untimely end as the surgical operation is not followed by adequate treatment for the amelioration of her general health. Constitutional defects and derangement of the bodily humours are the primary and ultimate causes of almost all the diseases. The diseased condition of the body must invariably be assumed to be the consequence of some functional derangement in the system. The relief afforded by a local operation is only temporary and apparent and may not effectively eradicate the functional derangement that was primarily responsible for the disease and hence its recurrence in the majority of cases. So says Charaka, the foremost of the physicians —

“A tree that is not cut by the root but has only its branches chopped off is sure to flourish again with all its branches laden with flowers and fruits; likewise a malady the contributory causes of which have not been eradicated cannot but reassert itself”

So post-operation treatment should be continued for diseases, if any, such as impurities of blood, urinal defect, menstrual trouble, defective digestion, gout, rheumatism and arthritis etc. and chronic constipation. Artificial means of birth-control, if habitually employed, should by all means be discarded.

“दोषाणाञ्च द्रुमाणाञ्च मूलेऽनुपहते मति ।

। दोषाणां प्रसराणाञ्च गतानामागतिर्नु वा ॥”



CANCER OF BREAST

[To face page 117]

If dyspepsia with loose stools be present, "Srinripati-ballabh" or "Mahábhrahati" or "Rasendra-guriká" should be used; so in case of uterine troubles "Lakshanárishta" or "Patrángásava" or "Asokárishta" or "Kalyán-Ghrita" should be used for a lengthy period. Urinary complaints are to be treated with "Chandrakánti-rasa" or "Basanta Kusumákara-rasa" for a length of time. For nervous diseases like arthritis and gout, etc "Yogarāja-guggulu", for blood impurities "Mánikya-rasa", for dyspepsia with costiveness "Haritakikhanda", for deficiency of calcium "Haritál-Bhasma" or "Svarna-Bhasma" or "Abhra-Bhasma"; for dysmenorrhoea and skin affections "Amrita-Bhallátaka" or "Mahábhallátaka-gur", for defect of liver "Lokenáth-rasa"; for constitutional defects "Siddhamakaradhwaja" with butter and honey, for high blood-pressure "Támra-Bhasma" and "Brihat Vátachintámani" should be administered. Thus she should be guarded on all sides with the treatment of all internal maladies.

When, however, the tumour is deeply embedded and is unsafe for operation, the use of "Svarna Parpati" prevents the inward penetration of the tumour which gradually heals and restores the breast to its normal state. In default of "Svarna-Parpati", "Rasa-Parpati" may also prove equally efficacious, if accompanied with the use of "Nágajatu" or "Bangajatu" or "Abhrajatu" with the juice of white "Punarnavá" and honey. "Silá-jatu (Bitumen)" may also be administered singly with the juice of betel-leaves and honey.

A deep-penetrating ulcer should be washed with "Haritakyádi Kasáya" followed by the application of "Brana-rákshasa-taila". The decoction of "Nágabalá" and "Yastimadhu" (liquorice) is highly efficacious at this time. In excessive hæmorrhage the decoction of liquorice, lac and red sandal is to be administered. Hæmorrhage

is also stopped by sprinkling the ulcer with the juice of the roots of a plantain tree.

In case of worms breeding in the ulcer—The leaves of Arka (Beng. Akanda), Dhustura (Daturá), Aragvadha (Beng. Sondál), Neem and Guruchí should be boiled in water and with the decoction the ulcer should be washed, followed by the application of “Bhulatádyá Ghrita”

The method of preparing “Bhulatádyá Ghrita”—One seer of ghec is to be boiled with powdered turmeric and then $\frac{1}{4}$ th seer of earth-worms is to be fried in it. This ghee with the earth-worms separated is called the “Bhulatádyá Ghrita”.

The application of “Tántric Ghrita” is far more efficacious in warding off worms

The process of preparing “Tántric ghrita”—One seer of ghec, one chhaták of the juice of fresh turmeric and $1\frac{1}{2}$ chattáks of indigo, “Sapedá” and “Mrittiká Sindur” and one seer of the juice of “Kesuriá” are to be prepared in to a ghee according to the Shástric principles

Treatment of complications:—In case of excessive vomiting,—“Pravála-Bhasma” should be applied with water boiled with “Guruchí” but afterwards cooled or with the water in which the alkali of banyan barks has been dissolved. In case of excessive hæmorrhage the decoction of liquorice, lac and red sandal-wood should be drunk and the juice of the roots of a plantain tree or of the pith thereof should be applied on the ulcer.

CHAPTER XVIII

CANCER OF THE LUNGS

Cancer of the lungs is more dreadful than all other varieties of this disease affecting any other organ. But the redeeming feature is that the incidence of this malady is very rare. The victims are more common among males than females. Eighty per cent of the patients suffering from carcinoma of the lungs belong to the male sex. Women are very rare among its victims.

In previous chapters, I have already stated on many occasions that cancer is a disease that escapes detection in the early stage. When, however, the disease is correctly diagnosed, it reaches a stage beyond all treatment. This is particularly true in the case of carcinomata in the lungs.

A carcinoma of the lung appears in the form of a very tiny tumour which begins to develop by degrees without the least knowledge of the patient. When, gradually, the tumour gets developed in size, and the patient begins to experience a feeling of heaviness and uneasiness in the chest and difficulty of respiration, it is then only that an endeavour is made to get a diagnosis of the disease. But even at this stage the real disease is not diagnosed. The physician takes it to be due to exposure to cold and prescribes medicines for ordinary cold and catarrh. In this way, time elapses without proper treatment of the real disease which develops unhampered beyond the knowledge of the patient and the physician.

Lung-tumours are of two types, viz.—(1) benign or ordinary fleshy tumour; (2) malignant i.e., generated by the three doshas. Majority of the lung-tumours happen to be malignant. My previous experience, even a learned physician

tumour of the lung at first sight. The chest is affected by various diseases such as bronchitis, bronchiectasis, pleurisy, tuberculosis, asthma, gangrene, ordinary ulcer, pulmonary fibrosis, syphilitic gumma, lobar pneumonia, broncho-pneumonia, tubercular broncho-pneumonia, tumour, etc. It is after a comparative study of the character and symptoms of so many diseases that the physician has to arrive at a conclusion whether the malady is gangrene or T.B. or cancer of the lung.

Differentiation between gangrene and cancer of the lung.—In gangrene of the lung, there are chronic fever, violent cough, excessive expectoration and occasionally blood-stained sputum, but the patient's pulse is not fidgety as that of a consumptive, nor is there cachexia as in a cancer patient. In lung-cancer, in the initial stage, there is no particular pain but slight expectoration of sputum and a sensation of heaviness in the lung. With the gradual advance of the disease, the sensation of heaviness goes on increasing, jelly-like sputum comes out and no sound of the lung is perceived in case the tumour is too much developed, and the lung seems to be inert. The first stage is free from fever which, however, makes its appearance in the advanced stage. By degrees, the patient gets enfeebled and develops cachexia.

Differentiation between pulmonary tuberculosis and carcinoma of the lung.—In T. B. of the lung there are complications like fever, cough, hæmoptysis, heaviness of the head and pain in the sides, etc. The patient daily runs temperature regularly in the afternoon, which leaves him off overnight. Gradually fever becomes chronic and diarrhœa also appears. In the end œdema appears and the patient meets his death.

But in carcinoma of the lung, there is only a feeling of heaviness due to the tumour that appears in the initial stage but no fever manifests itself in the first stage but,

with the progress of the disease, the complication of fever appears.

Differentiation between pleurisy and cancer of the lung.—There are two types of pleurisy, *viz*, dry and wet. In the dry type there is pricking pain in the chest back and sides, as also mild fever and cough. In the wet variety, there is accumulation of water in the lungs which causes a sensation of heaviness in the chest and there is incessant fever. But in carcinoma of the lung there is no accumulation of water, and in the initial stage fever is not constant.

Differentiation between acute and chronic suppurative bronchitis and cancer of the lung.—In acute suppurative bronchitis, due to sudden exposure to excessive chill, there is an aggravation of phlegm which accumulates in the chest and a rumbling sound therein as in pneumonia. There are also complications like pain in the chest, cough, fever, heaviness in the chest, dyspnoea and inflammation of the lungs. In chronic bronchitis these symptoms persist in a rather mild form. In bronchitis there is purulent sputum, as also splitting and rumbling sound in the lungs, but in pulmonary cancer there is no such purulent discharge nor any such sound, rather no particular sound is perceived and the patient gets speedily enfeebled. The distinguishing feature of carcinoma of the lung is that the patient is afflicted with pain in the arm-pit, shoulder and arms. In certain cases, the arms get benumbed and the arm-joints seem to be stricken with paralysis.

Differentiation between syphilitic gumma, cold abscess, ordinary boil and carcinoma of the lung.—In an ordinary abscess of the lung, the portion of the chest above the affected part gets swollen, reddened and suppurative. In cold abscess and syphilitic gumma there is an abscess-like swelling on the chest. Cold abscess and

syphilitic gumma remain perpetually hard, they never suppurate nor burst and are marked by the absence of pain or fever, etc. These remain in this state for a long time and swell up on the chest. Ordinary abscesses are curable by operation but cold abscess and syphilitic gumma are not so ; and being perpetually non-suppurative, they offer no opportunity for operation.

But the tumour in carcinoma of the lung is not visible from outside. In case of excessive aggravation, the veins on the chest appear tightened up.

Differentiation between pneumonia and carcinoma of the lung.—In pneumonia there are high fever, cough, hæmoptysis, acute pain, delirium, stupor, etc., but cancer of the lung presents not only these symptoms but also heaviness in the chest, tightening of the veins, difficulty of respiration and periodical pain, etc.

In carcinoma of the lung, there is neither high fever nor delirium accompanying it ; and the fever is only slight

The first stage of carcinoma of the lung.—At the inception tiny nodules crop up on certain parts of the lung and these nodules begin to develop by degrees, and this happens in a way quite unknown to the patient, so much so that even a specialist in this disease cannot be aware of it though he himself happens to be the victim. Though the first stage is not marked by symptoms like cough and catarrh, etc , expectoration of sputum and fits of cough and such other symptoms make their appearance

The second stage.—This stage is characterised by a feeling of tightness owing to the development of the nodules in the lung, a sensation of weight, difficulty of respiration and occasional pain.

The third stage.—In this stage, the patient becomes subject to protracted pain at a certain period of the day or night and to a mild febrile condition. Gradual weakness and development of the nodules inside the lung take place. The red corpuscles in the blood of the patient get diminished, and anæmia appears, especially in the mouth, eyes, and nails. The body gets emaciated; dysorexia, aversion to food and nausea manifest themselves. The intensity of pain goes on increasing and as in T. B. bodily temperature rises towards the afternoon and subsides on the following morning. Some time later, fever becomes chronic. Occasionally blood appears in the sputum which leads ordinary people to a suspicion of phthisis. The affected lung becomes inert and the arm on the side of that lung becomes paralysed. In case of affection of both the lungs both the arms are stricken with paralysis.

The fourth stage.—In this stage the patient develops cachexia and chronic fever. Symptoms like occasional hæmoptysis, vomiting just as food is going to be taken, and costiveness appear.

Treatment

Surgery is the best form of treatment for carcinoma of the lung, if detected at the early stage, that is, when the tumour is still non-malignant.

If the tumour cannot be operated upon on any ground, the plaster called "Arvudári Pralep" should be applied on the part affected. And the following medicines should be prescribed for internal administration :—

(1) Vansapatra Haritál Bhasma (Incinerated orpiment called "Vansapatra")—1/8th rati with one tola of warm clarified butter obtained from cow's milk.

(2) Támra Bhasma (Incinerated copper)—One rati with the juice of ginger and honey.

(3) Raudra Rasa.—2 ratīs with the juice of white “Punarnavá” and honey.

For allaying pain “Vátári Rasa” (vide *Bhába-Prakása*); for cough “Vasantatilaka Rasa”; for vomiting “Pravála Bhasma”; for reducing the size of the tumour “Nityánanda Rasa”; for alleviation of pain occurring at a fixed time “Somanátha Tāmra”, for mental restlessness and for regularising the action of the heart “Brihat Vátachintámani” should be prescribed.

To allay the intractable pain “Suvāna-samirā-pannaga Rasa” or “Mallasindura” or “Rasatálaka” with the juice of ginger and honey should be administered.

To remove constipation “Amritabhallátaka,” or “Mahābhallátaka Gur” should be taken.

In this disease, the use of “Panchatikta-ghrita-gugulu” from the beginning yields good results.

Growth of tumour is arrested by the administration of “Rasa Parpatī” (prepared with ‘Amlásá’ sulphur) with abstention from salt and water and in accordance with the directions for the use of “Parpatī.” After the growth of the tumour is arrested or brought under control, a fresh tumour is found to have emerged either in the arm-pit, liver or esophagus. This secondary growth of the tumour is fraught with disastrous consequences. Treatment for this recurrent tumour should be started afresh and particular care should be taken to preserve the bodily weight and strength of the patient.

In order to prevent such recurrence of the disease, ghee, milk and meat-soup should be taken as diet along with the use of “Tāmra Parpatī”, “Lauha Parpatī”, “Viṇaya Parpatī” and “Vajra Parpatī” etc. This will not only prevent relapse of the disease but also radically cure the original one.

To remove paralysis of the arms they should be massaged with "Mahávalá oil," "Mahámásha oil," "Prasárami oil," "Maharájaprasárami oil" and "Kubjaprasárami oil"

For internal administration "Brihat Vátachintámani", "Yogendra Rasa" and "Sitámi Rasa" should be prescribed.

We have stated before that when the tumour is in a non-malignant state, operation can extirpate it radically. But when the tumour radiates its branches by penetrating through the muscles no benefit can be derived from operation, rather positive harm accrues therefrom as is the case with a flower-plant which, when pruned, flourishes by sending forth branches and twigs all around. In such a case, instead of operation, 'Kshár' (alkalis) should be applied.

The application of alkalis is not practicable unless the tumour manifests itself on the exterior of the body. The application of alkalis causes the first-born tumour to decompose and its branches and offshoots also to slough off. By this their link with the muscles of the body is cut off.

Radium and deep X-ray have almost the same effect as the application of alkalis, but with this difference that the chance of recurrence of the tumour cannot be totally ruled out. We have found several cases where tumours were made to disappear by the application of Radium and deep X-ray, but they reappeared after a time and invaded the surrounding muscles. This goes to prove that Radium and deep X-ray while destroying a tumour on the one hand, has also the effect of generating it on the other. As quinine has the potency to eliminate fever as also to generate it, so also is the case with Radium and deep X-ray. Hence we cannot confidently recommend the application of Radium and deep

X-ray in each and every case. Another deleterious effect that we have noticed from the use of deep X-ray is that its application is soon followed by a rapid diminution of the white corpuscles in the patient's blood and by bloodlessness and anæmia in no time. As a result, oedema shortly appears in the patient's body. Anæmia has such a rapid progress that the patient cannot tolerate any medicine and vomits out whatever he partakes of. This is doubtless primarily due to the loss of vital elements in the body. From loss of vital elements follows indigestion, from indigestion follow aggravation of Vāyu and diminution of Pitta. The only means for augmenting this depleted Pitta is to increase the quantity of blood in the patient's body. But in this condition augmentation of blood by means of drugs is not feasible. So transfusion of blood is the only alternative to be resorted to. The great Susruta says, "Blood is the most important element in the body which is sustained by blood itself. Hence blood should be carefully preserved, for it is tantamount to life itself"*

The patient should be provided with strength by transfusion of blood and the vitiated Vāyu in the patient's body should be brought to an equilibrium through the administration of not too-cold, easily digestible and slightly acid medicines, food and drink etc., and then the necessary treatment should be carried on in a proper way.

* "देहस्य रुधिरं मूलं रुधिरैरेव धार्यते ।

तस्माद् यत्रेन संरक्षय रक्तं जीव इति स्थितिः ॥"

CHAPTER XIX

CANCER OF THE STOMACH

In connection with the cancer of other organs of the body, I already had occasions to remark that cancer differed from other diseases as regards its nature. Very slowly and secretly, like a thief, it carries on its work in the human system and exhibits itself in any of the softer organs at any age of the patient. The incipient stage is not marked by the presence of such symptoms as burning, pain, vomiting, etc. which may indicate the onset of a serious malady. It is declared as a case of cancer only in its maturity when it is past remedy

Were people acquainted with the preliminary symptoms of the malady, they might be aware of its impending attack and get redress by timely treatment. Eighty per cent of the patients may be relieved of this disease if they place themselves under expert treatment at the very outset. This view will be shared by every specialist of this disease. Experts of such advanced foreign countries as Europe and America also subscribe to this view and not even ten per cent of the cancer patients of those countries can recognise the incipient stage as that of cancer and get proper redress betimes. The early detection of the disease is no doubt beset with difficulties. For, so surreptitiously does it invade the human system that many an eminent physician fails to recognise it even when he himself becomes subject to it. From our personal experience we are enumerating below some of the premonitory indications that may help the future development of cancer to be detected

- (1) A causeless sensation of pain in any or entire part of the body at any particular hour or all hours of the day
- (2) Disturbed sleep for a protracted period.
- (3) Chronic indigestion or acidity.

(4) Irregular, scanty or profuse menses (in women).

(5) Generation of a tumour on a tender organ and its induration

(6) Frequent difficulty of swallowing and suffocation with food.

(7) Long-standing hoarseness.

(8) Appearance of albumen in the urine

(9) Frequent nausea and vomiting after meals.

(10) Chronic dysentery with tenesmus.

(11) Frequent inflammation of gums attended with severe pain.

(12) Feeling of rigidity within the bowels

(13) A long-standing tumour resembling a cauliflower in any external organ of the body

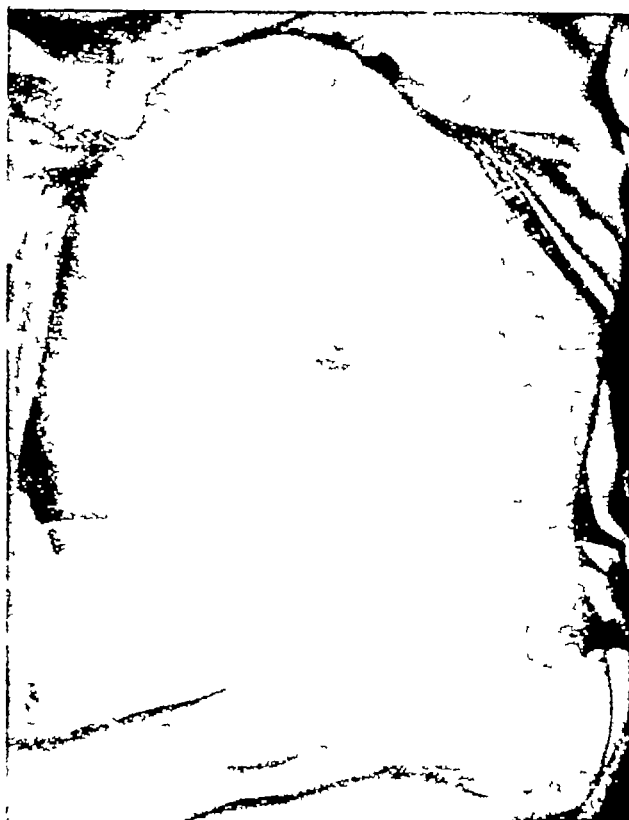
(14) The quantity of fæces being habitually disproportionate to the quantity of food taken

(15) Chronic pain in any particular bone.

(16) Long-standing accumulation of water in the belly in spite of there being no fever, enlargement of liver or spleen, etc.

(17) Abnormal swelling of any part of the body.

Any one of the above-mentioned premonitory symptoms must invariably precede the various types of cancer that have afflicted mankind from the beginning of creation. It will stand him in good stead to constantly have these indications fresh in his mind whenever a physician undertakes the examination of a patient. The examination of innumerable patients suffering from various types of cancer during a quarter of a century has enabled me to gather the above premonitory symptoms, which may with advantage be remembered by those physicians who do not generally undertake the treatment of cancer or who have not the opportunity to examine a variety of cancer patients so that they may detect the early inception of cancer in course of their general practice.



CANCER OF STOMACH

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The first stage of cancer of the stomach—Cancer of the stomach may make its appearance in a variety of ways. It may exhibit itself in any organ of the stomach such as, liver, spleen and pancreas, etc. The inception is with the emergence of one or more nodules, which is preceded by anorexia, nausea and occasional pain in the stomach, which is intensified day after day. This pain has a particular hour of the day or night for its commencement and continues for long hours with only a short respite which is followed by a recurrence at the same hour of the following day. Vomiting tendency is gradually on the increase and is shortly followed by salivation from the mouth. Whatever food is taken is vomited out and the patient gets more and more emaciated.

The size of the tumour that appears in the stomach is so small in its initial stage that it then escapes detection. So the above symptoms lead the physician to a diagnosis and treatment of gastric ulcer etc. The disease, however, shows no sign of improvement and when the tumour with gradual enlargement becomes visible outside the stomach it is taken to be a case of carcinoma which, however, in most of the cases, turns out to be malignant.

Difference between colic and carcinoma of the stomach.—In colic the pain is long-lasting and so severe that the patient falls into a swoon. Colic pain is immediately relieved by the use of sodium, alkali, asafoetida etc., but not so the pain of cancer.

Difference between acidity and cancer of the stomach.—Acidity is marked by vomiting, burning sensation in the stomach, and discharge of spirits from the mouth. Cancer is also attended with similar symptoms but in cancer the vomited matter is ~~generally mixed with~~ saliva. A cancer patient does not feel that the ingested food is ejected. But a patient of acidity does

not feel so much discomfort even if the entire quantity of food is not vomited out. The pulse of a patient of acidity exhibits restlessness due to *Pitta* but not so the pulse of a cancer patient.

Differentiation between gastric ulcer and cancer of the stomach.—In gastric or duodenal ulcer the patient is subject to vomiting and his pulse is continually restless. But in cancer all these symptoms are accompanied by a hardness of the belly and a number of tumours resembling so many ant-hills make their appearance. The vomitings in cancer are mixed with sticky and chord-like saliva but vomitings due to gastric ulcer are mostly mingled with bile.

Difference between intestinal T. B. and intestinal cancer.—In intestinal tuberculosis, the whole cavity of the stomach is filled with small tubercles. The patient experiences severe pain in the stomach, vomitings occur, occasionally attended with hæmoptysis, fever, diarrhoea and pain immediately after meals. The pain persists almost continually Anodyne or hypnotic drugs may serve only as a palliative. He grows emaciated just as a cancer patient and ultimately meets his death. But in intestinal cancer the patient is immune from fever at the outset though in the final stage he is subjected to it. The pain is not constant but periodical. There is no diarrhoea but costiveness. Still the patient gets debilitated day after day.

Distinction between carcinoma and other affections of the liver.—One type of affections of the liver consists in its enlargement and involvement of the whole belly. Fever, accumulation of water in the belly, œdema in the entire body are its characteristics. In the second type of liver affection, the liver dries up and gets reduced in size. Pain in the belly, œdema in the entire body, accumulation of excessive fluid in the belly and fever are its main features.

In the primary stage

(1) Pain, (2) weight loss, (3) indigestion, (4) diarrhoea, (5) constipation, (6) loss of appetite, (7) loss of weight, (8) formation of small tumours.

In the secondary stage

(1) Gradual wasting of the muscle of the belly, (2) the appearance of the tumour, (3) constipation, (4) excessive flatulence, (5) excruciating pain, (6) irregular menstruation, (7) diarrhoea, (8) nausea, (9) vomiting, (10) loss of weight, (11) general debility of the body.

In the third stage, —

(1) Haemorrhoid, (2) haemoptysis, (3) chronic nausea, (4) inability to eat food due to vomiting, (5) chronic fever, (6) extreme emaciation, (7) overgrowth of the tumour, (8) painful excretion and urination, (9) excessive dyspepsia, (10) yellowishness of the eyes, (11) insomnia, and (12) smarting pain.

In the last stage.—

(1) Dropsy in hands and feet and sometimes in the entire body, (2) dyspnoea, (3) retention of urine and stools, (4) restlessness, (5) lassitude and (6) delirium.

The characteristic symptoms of cancer of the stomach :—

First stage.—(1) First, the formation of a tumour which sprouts like a mushroom out of the mucous membrane. Sometimes it appears to be split into fragments which gradually develop in dimension, (2) feeling of uneasiness just after meals, (3) flatulence and all the symptoms of indigestion and acidity.

Second stage.—(1) The tumour gradually rises up in the shape of an ant-hill and gets hardened. (2) In some cases, it develops in fragments, (3) there is a perpetual feeling of discomfort in the stomach.

Third stage —(1) Eructation, (2) vomiting, (3) a feeling of discomfort during or after meals.

Fourth stage.—Extreme emaciation, (2) total incapacity to take food, (3) discharge of pus

Typical indications in cancer of liver :—

First stage.—(1) Gradual enlargement of the liver for a protracted period—suffering from indigestion, acidity, colic pain and gall-stone for a long period, addiction to alcoholic drinks, irregular meals, incompatible foods, taking meals anywhere and everywhere, alkaline foods and too much blood-letting are the contributory causes of congestion of the liver, (2) anæmia.

Second stage.—(1) Induration of the liver, (2) accumulation of water in the belly, (3) parching of the mouth, (4) thirst, (5) aggravation of restlessness.

Third stage.—(1) Inability to move or raise the shoulders, (2) uprising of a fleshy lump above the umbilicum.

Fourth stage.—(1) Yellowishness of the eyes and of urine, (2) uræmia, (3) burning sensation, (4) thirst, (5) diarrhœa, (6) coma, etc

Treatment of cancer of the liver

In the initial stage “Pránballabh-rasa” and “Lokenáth-rasa” are the remedies par excellence. In case of severe pain, “Somanáth Támra” with ginger-juice and honey may be used with good results.

In case of accumulation of water in the belly, “Svarna-parpatí” or “Vijaya-parpatí” or “Rasa-parpatí” or “Mandur-bhasma” administered with gradual increase of dosage as in “Rasa-parpatí” is highly efficacious. But the prognosis is not so favourable in case of accumulation of water in the belly. Prior to that stage, “Haritál Bhasma” (incinerated orpiment) with clarified butter is beneficial.

Treatment of intestinal cancer

Provided the disease be detected in time, the best medicine is “Rasa Parpatí” prepared with mercury extracted out of “Hingul”. This is to be applied with one rati of asafoetida fried in ghee and two ratis of aniseed pounded with water.

According to the complications of the disease, the administration of the following medicines is helpful:—
 “Maharájanripatiballabh”, “Kutajáshtak”, “Brihat Lokenáth Rasa”, “Brihat Gangádhar Rasa”, “Ayám-kánjik”, “Hingvadya Churna”, “Sulaharan Yoga”, “Sulanirván Rasa”, “Sulagajendra etc.”

In the last stage.—

(1) Dropsy in hands and feet and sometimes in the entire body, (2) dyspnoea, (3) retention of urine and stools, (4) restlessness, (5) lassitude and (6) delirium.

The characteristic symptoms of cancer of the stomach .—

First stage.—(1) First, the formation of a tumour which sprouts like a mushroom out of the mucous membrane. Sometimes it appears to be split into fragments which *incinerated bark of a banyan tree* dimension, (2) feeling of and all the with the water of green coconuts.

In case of severe pain, “Gurmandur”, or “Tará-mandur” or “Dhátīlauha” with ghee and honey is to be applied.

In case of excessive anæmia or debility “Dháttrya-rishta” is to be taken twice after meals.

In case of exceeding emaciation, “Rasa-tálak” with honey is to be prescribed.

Diet.—Milk and rice, *luchis* fried in clarified butter, juice of ripe and sweet fruits, water of green cocoanut, and *sherbat* of sugar-candy in the morning. Massage with *Til* oil prior to bathing.

The above course of general treatment stops further growth of the tumour and gradually restores the patient to his normal state of health.

Third stage—(1) Inability to move or raise the shoulders, (2) uprising of a fleshy lump above the umbilicum.

Fourth stage.—(1) Yellowishness of the eyes and of urine, (2) uræmia, (3) burning sensation, (4) thirst, (5) diarrhoea, (6) coma, etc

Treatment of cancer of the liver

In the initial stage "*Prinballabh-rasa*" and "*Lokenāth-rasa*" are the remedies par excellence. In case of severe pain "*Somanid*" have come across ver-juce and honey may be a formidable malady of cancer within first month of their birth. As a result we have been confirmed in our belief in the theory of re-birth and predestination of the Hindu philosophy and the Ayurvedic theory of some diseases being caused by actions done in the previous birth

We have met with numerous types of cancer occurring in the different parts of the female organ in a variety of ways. Let us here first deal with cancer of the uterus. Uterine cancer may be treated under two heads, viz.,—

- (1) Cancer occurring after menopause.
- (2) Cancer occurring prior to menopause.

Cancer after menopause

In our country menopause (final stoppage of menses) generally occurs after the age of forty to fifty. Though many women enjoy a perfect health after this, contrary is the case with some other unfortunates. Some two or three years after menopause or later still, some women are found to have a relapse of the menstrual flow. In our country, out of native bashfulness, women generally disregard this scanty discharge of blood. With the lapse of time when the bleeding becomes far more copious

attempts are made to ascertain the cause and have it redressed. With the women of our country their natural shyness is often a great bar to an examination of their persons for the diagnosis of their diseases. This is fraught with serious consequences. For the disease is thereby allowed to grow and develop till ultimately the patient unable to bear the agony of the aggravation is compelled to speak out her complaints and undergo an examination. But the disease has meanwhile advanced very far.

After menopause some women are occasionally found to develop a very tiny tumour in their uterus. Gradually this tumour develops in size and periodically scanty or profuse hæmorrhage takes place. In some cases, however, hæmorrhage is totally absent. By and by the tumour gets so much enlarged as to involve the entire uterus. Copious hæmorrhage occurs from this enlarged tumour in its mature stage. Profuse bleeding occurs also from those tumours which have developed only to a moderate degree.

Cancer prior to menopause:—Many women, even before their menopauses, develop uterine cancer due to irregular menses. Women are mostly afflicted with a serious type of menorrhagia owing to frequent child-births at an early age, some injury to the uterus, cohabitation with a husband infected with syphilis or gonorrhœa, intemperance, neglect of sanitary rules during menses, incompatible food, irregular meals, excessive addiction to tea, tobacco, betel-nuts and chilis, night-keeping, smoking, excessive sexual indulgence, protracted costiveness, too much indulgence in erotic thoughts, long-standing indigestion, etc. which bring about derangement of Vāyu in the system. Such women get two or three courses of menses during a single month, which may forebode a serious type of uterine cancer.

The initial stage of uterine cancer :—

1. *Occasional hæmorrhage in profusion*—In the first stage of cancer of the uterus, a virulent type of hæmorrhage takes place at an interval of one, two or even six months. When the disease is in a stage of rapid aggravation we have observed this sort of hæmorrhage occurring thrice or four times in a month or even a week and thus rendering the patient quite bloodless. In some cases, the bleeding is so excessive that the patient falls into a swoon for three or four hours. Such a patient has been found to have a discharge of two to three bucketfuls of blood at a time.

2. (a) *Scanty discharge of blood continuing for a number of days*.—The inception of uterine cancer is marked by the persistence of the flow of menses, though lesser in quantity, throughout the month instead of its normal cessation after three or four days.

(b) *White discharge persisting for a number of days*.—In some cases after the cessation of the monthly discharge, white discharge continues till the next menstruation. In some women, the white discharge is found to trickle down like water and emits the smell of water wherewith putrid fish has been washed. This odour is so typical that a physician can single out a cancer patient out of a hundred kinds of patients, by this alone.

3. *Constipation*—Owing to excessive hæmorrhage and white discharge the patient develops an obstinate constipation which is extremely distressing to her.

4. *The growth of tumour*.—This constipation is shortly followed by the emergence of a tumour in the uterus, which goes on developing by degrees.

5. *Ulceration of any part of the uterus*.—In certain cases, no tumour whatever appears in the uterus. A certain part of the uterus gets ulcerated and discharges

blood and fluid. A cancer without tumour has a worse prognosis than that attended with it.

6. *Fever*.—A weak patient is generally found to run temperature from the very inception of uterine cancer. As a rule, this fever simulates the fever of a T. B. patient and runs its course from evening to dawn with occasional remission at night.

The secondary stage of uterine cancer :—

1. *Chronic discharge* —The secondary stage of cancer of the uterus is attended with chronic discharge, either of blood or white fluid, and the consequent debilitation of the patient. Those who suffer a heavy drainage of their blood and other fluids or are already of a weak and impaired constitution cannot stand this discharge for long.

2. *Discharge stenchy and variegated*.—The discharge from a cancerous uterus is variegated in colour—at first red like fresh blood, then light red, then like the washings of meat, and in some cases, especially when the patient has a previous history of gonorrhœa, the discharge is yellow or yellowish or bluish. The discharge may assume a whitish, reddish, yellowish, or bluish hue irrespective of a previous attack of gonorrhœa. In most cases, the discharge is fetid and in some cases it is fishy or stenchy like putrid flesh. The discharge is extremely odious when the tumour gets ulcerated. Excessive discharge brings about extreme emaciation and exhaustion of the patient.

3. *One of the most characteristic symptoms at this stage is the difficulty of urination*.

4. *Pain*.—At this stage the patient begins to be afflicted with pain which is intense and various in nature.

Besides these, the patient begins to suffer from loss of bodily weight, increasing debility, and the tumour turns malignant with indications of suppuration.

The third stage—The following symptoms appear at this stage.—

(1) Chronic febrile condition. (2) vomiting. (3) extreme emaciation (4) increasingly offensive smell from the discharge (5) intolerable pain (6) hæmorrhage despite anæmia (7) pain in defecation in spite of diarrhœa. (8) putrefaction of the tumour. (9) excessive debility. (10) commencement of pain from the afternoon. (11) œdema.

The fourth or the last stage.—(1) Delirium and coma (2) excessive dryness or swelling. (3) loss of consciousness. (4) vomiting, hiccough, and dyspnœa. (5) retention of urine and fæces.

From an examination of the outward symptoms of uterine cancer we find that the neck of the uterus is more commonly affected than the other parts. Owing to the excessive shyness of our ladies we are at first left in the dark about it till at length the cancer begins to putrefy and emit an offensive smell. Generally there are two types of uterine cancer. One type is malignant and the other benign. The benign or non-malignant type is not so serious while the malignant one is always incurable and fatal.

Treatment of Uterine Cancer

Surgical operation—Operation is the best form of treatment if the disease is not far advanced and the patient is strong enough to withstand it. But expert surgeons are at variance in their opinion on this point. Modern gynæcologists maintain that surgical operation cannot extirpate cancer of the uterus. Besides, the ladies of our country are of extremely delicate limbs and as such are unable to stand an operation on the uterus, and those who survive the operation are found to develop cancer in another limb.

Application of Radium.—Modern physicians hold the view that cancer of the uterus is more speedily cured by radium than by surgical operation. Radium quickly dissolves the tumour, prevents putrefaction of the ulcer, heals it up, and the uterus recovers its previous healthy state.

What is Radium?—Radium is a kind of mineral substance like mercury, sulphur, iron and manganese. The ore of radium that is at present used in hospitals for purposes of medical treatment is found in certain mines of Belgian Congo in South Africa. Radium is obtained by pounding and dissolving this ore through various chemical processes. Madame Curie, the world-renowned scientist, is its discoverer. Only two grains of radium is obtained out of one ton of such ore. It is exceedingly bright and emits lustre even in darkness. Radium is applied to cancers of different limbs of the human body through tubes of various shapes and various metals. Skilful application of radium at the proper stage is highly beneficial in uterine cancer. But its application beyond the proper stage and limit is attended with more harm than benefit.

Application of X-ray.—Besides radium, X-ray is also used in cases of cancer of the uterus with good results. It was discovered by Prof. Rontgen of Wurzburg University in 1895. After his death it was named Rontgen ray after him. Though the discovery was made by him, the credit of applying it in the field of treatment goes to later surgeons. Unexpected results are obtained from its application in cancer, malignant ulcers and obstinate cutaneous affections.

The Utility of Deep X-ray and Radium

The mis-application of Radium and Deep X-ray should be carefully guarded against to avoid its harmful

effects. Inexperienced radiologists, ignorant about the nature of the disease proper, are responsible for the baneful effects due to its over-application. The number of exposures should always be directed by experienced surgeons. The harmful effects accruing from the mis-application of radium are:—incessant fever and severe pain at the end of the day or night. The pain is not confined to the uterus alone but is referred to the chest, back, sides and head and other limbs of the body. This pain cannot be allayed by any anodyne. An obstinate type of anorexia and incapacity to take food are the concomitant symptoms. Food sticks in the chest, the patient is unable to take food despite keen hunger and undergoes gradual emaciation which is shortly followed by loss of vitality by œdema of the eyes, face, hands and feet, diarrhoea, and ultimate death.

Before the ulcer turns malignant, application of deep X-ray or Radium heals up the soft and thick ulcer and restores the uterus to its normal state. But deep X-ray or Radium should be applied within proper limits. I have met with cases where a great deal of harm had been caused by the over-application of these. My humble request to radiologists and allopaths is that they will do well not to look to the completion of the course alone without due regard being paid to its reaction on the patient. Application of Radium and X-ray should be preceded by a thorough examination of the patient's general health and the condition of the disease. To the guardians of the patients my earnest request is that they should get their wards thoroughly examined by specialists under whose direction and supervision alone the treatment should be conducted. I would also advise the patients not to hold back and suppress any information about any sort of menstrual trouble or irregularity out of sheer shyness and put off adequate treatment being undertaken. When the disease becomes deeply embedded, no useful

purpose whatever is served by surgical operation, Radium or X-ray.

Treatment of cancer of the female generative organ

A brief discussion about female diseases is given here as being not out of place.

According to ancient authorities, female organs become diseased by the vitiation of menstrual blood owing to the derangement of the bodily humours (such as Váyu, Pitta and Kapha, etc.) caused by irregular, unwholesome, and improper diet and conduct, or by hereditary or divine causes.

Incompatible food i.e., partaking of milk and fish together, drinking wine, loading the stomach while yet full, uncooked food, miscarriage, excessive sexual indulgence, reverse coition, travelling in speedy conveyances, manly conduct on the part of women, intoxication with sexual passion, bodily emaciation through fasting, physical injury, day-sleep, and violation of the hygienic rules prescribed for the menstrual period—these are among the causes that result in diseases of the female organ. In addition to these, infection by syphilitic or gonorrheal poison from the husband, giving birth to a large number of children, want of nutrition, long-standing menstrual trouble, chronic dysmenorrhœa, menorrhagia, widowhood before maturity, sterility, injury to the neck or other parts of the uterus during delivery of children owing to the fault of midwives, hereditary leprosy infection, sexual intercourse with full stomach, artificial devices or contraceptives for birth-control, and the aggravation of Váyu due to excessive addiction to *doktá* or *zardá* (preparations of tobacco) are also responsible for uterine diseases.

We have been acquainted with the above causes and symptoms from the examination of a good number of patients suffering from uterine cancer, who happened

to be placed under our treatment. To get immunity from cancer of the uterus, one must avoid the above predisposing causes.

Treatment for complications.—In cancer of the uterus the ancillary symptoms are the most distressing and require treatment as prescribed below.

In hæmorrhage.—(1) “Dárbwádī Kwáth”—viz., Dáru Haridrá, Rasánjan (stibium), Chirettá, the bark of Vāsak, Mustaka, Red Sandal, green wood-apple (vilva), the flowers of Akanda (Arka)—each of these to be taken in the proportion of $\frac{1}{4}$ th of a tola and boiled together in half a seer of water till the remainder is only $\frac{1}{8}$ th of a seer. This decoction is to be strained and then drunk with a few drops of honey. It is a tried medicine for ulcerous and painful hæmorrhage.

(2) Rectified “Hingul”—“Hingul” rectified with the juices of lemon and *Neem* leaves is to be administered in the dosage of 2 ratis with the juice of *Patol* leaves, sugar and honey

(3) Incinerated “Pinda Haritál” is to be administered in the dosage of 2 ratis with the decoction of “Goraksha Chákulhá” and the bark of Asoka tree.

(4) “Praváha Nibartaka” with the juice of marigold leaves or “Durvá” creeper.

(5) In case of emaciation by hæmorrhage “Kushmándakhanda” as prescribed for hæmatemesis stops bleeding and effects nourishment of the body.

(6) The uterus is to be douched with the infusion of myrobalans or “Triphalá.”

In white discharge.—(1) Incinerated “Godanta Haritál” is to be applied in doses of 2 ratis each with 10 drops of heated clarified butter extracted from co

(2) "Sáribádyásava"—with cold water twice after meals.

(3) "Pravála-bhasma"—In doses of 2 ratis with milk and honey.

(4) "Phalakalyánaghrita"—with tepid milk.

In watery discharge—(1) "Vasantakusumákara Rasa".—with ghee, honey and sugar, or with the juice of Amlaki and honey.

(2) Pounded seeds of "Amlaki" mixed with sugar and honey to be taken with cold water.

(3) "Somanátha Rasa"—with the pounded seeds of back-berries (Jambu).

(4) "Hemnátha Rasa"—with the juice of "Jajna-dumbura".

(5) Washing the vagina with the infusion of "Triphalá".

In purulent discharge.—(1) The interior of the vagina is to be washed with the infusion of "Triphalá" mixed with one anna of "Hemasára".

(2) "Bansapatra Haritála Bhasma" is to be taken in doses of $\frac{1}{8}$ th rati with heated clarified butter extracted from cow's milk

(3) Holding in the vagina swabs of old silk soaked in "Vishnu taila" or "Madhyamanáráyana taila," or "Brihat Guruchyádi taila".

(4) "Panchatikia-ghrita-guggulu"—to be taken with warm milk.

In bodily pain.—Incinerated orpiment in doses of $\frac{1}{8}$ th rati with clarified butter is the best medicine.

In anæmia.—(1) "Naváyasa Lauha" or "Naváyasa Mandur" with the juice of "Kokiláksha" leaves and honey.

(2) "Dháttryashta"—Twice after meals with cold water. It is a tested medicine.

(3) "Asokátishtha"—with cold water twice after meals. This is also a tried medicine.

(4) "Ratnaparbhā Rasa"—with phice and honey.

In metastasis and dropsy—(1) "Rasa-Parpati" is the medicine par excellence. If taken according to the directions for the use of "Parpati" the original disease along with the metastatic ones is speedily cured. In case of extreme weakness of the patient "Svarna Parpati" or "Vijay Parpati" is more efficacious.

In loss of appetite—(1) Dháttryashta, (2) Ayama-kānjika, (3) Rasāla, and (4) Sudhāmdhā Rasa are highly efficacious.

In difficulty of micturition (strangury).—The decoction of (1) "Tinapanchamula", (2) "Varunādi Keshāya", (3) "Vajrakshāra", and (4) "Sāribādyāsava" yields good results.

In constipation.—Haritaki—one tola, raisin— $\frac{1}{2}$ tola and Senna— $\frac{1}{2}$ tola to be boiled in half a seer of water leaving a remainder of $\frac{1}{8}$ th of a seer. This to be strained and drunk.

In obstinate constipation.—Haritaki, Amalaki, Bibhitaka, dry ginger, Sondál, roots of castor tree, senna, raisin, Tribrit, Danti, Kalki—to be taken in equal proportions making a total quantity of two tolas and then a decoction to be made thereof and drunk as above.

In case of growth of tumour.—In the first stage the system should be purged by “Panchakarma” and the following medicines are to be administered :—

(1) Raudra-Rasa—with the juice of “white Punarnavá” and honey.

(2) Somanáthatámra—with the juice of ginger and honey.

(3) Trigunákhyā Rasa—with the juice of ginger and honey.

(4) Trinetrákhyā Rasa—with the juice of ginger and honey.

In case of corrosion of tumour.—

(1) “Haritála-Bhasma” in the morning.

(2) “Aditya Rasa” at noon.

(3) “Rasa Tálaka” in the evening.

In vomiting—(1) “Pravála Bhasma” in doses of 4 ratis with milk and honey or with lemon-juice and honey.

(2) Aswattha Kshára—with cold water or with the water of a green coconut.

(3) Támra Bhasma (incinerated copper)—with the juice of ginger and honey.

(4) Svarna-Sindur—with the cold decoction of Guruchī and honey.

In severe and periodical pain and in pain pervading the whole body.—If the strength and weight of the patient be not diminished “Rasa Parpatī” is the best medicine, otherwise, “Haritál Bhasma” with ghee is to be administered and the patient is to take a sufficient quantity of

milk, ghee and meat-soup. "Svarna Parpati" and "Vijaya Parpati" may also be used with benefit. "Swarnagrāsita Makaradhwaja" with ghee and honey is another most useful medicine at this stage.

Pure incinerated tin, incinerated lead, incinerated zinc and bitumen are to be mixed in equal proportions and to be administered in doses of four ratis twice a day with the juice of betel leaves and honey and then the decoction of Goraksha Chákulá, the bark of Arjun, Aswagandhá, and Balá (Beng. Berelá) is to be drunk.

Pure reduced gold—1 rati, and reduced silver—1 rati are to be mixed together and taken with ghee and honey. Meat-soup, milk and ghee are to form part of the diet.

"Vedanánáshak Bati" instantly relieves pain but should not be administered when there is cardiac depression. It is to be used with warm water according to the direction of a physician.

The method of preparing "Bedanánáshak Bati"—Mercury, sulphur, asafoetida, aconite, black pepper, Kunchilá (Kupilu), garlic, the seeds of Alkushi (Kapikacchu), aloes, dry ginger, the leaves of Sindubára, roots of castor tree, copper, orpiment, red arsenic (Manahsilá), and rock salt—all these are to be taken in equal proportions and opium of the same quantity as all these together to be mixed and pounded with water in which Indian hemp (gánjá) had been soaked—and to be made into pills of two ratis each and dried in the shade.

Preventive Treatment of Uterine Cancer

With the change of time and customs, the number of victims of uterine cancer is gradually on the increase. Below are detailed a few compulsory to be observed

by our women so that they may not fall easy victims to cancer as a consequence of suffering from the numerous uterine diseases.

1. During the menses, women should avoid excessive physical labour, foods that are hard to digest, exposure to chill, sexual intercourse, taking betel leaves with *zardá* or *doktá*, travelling in fast-moving conveyances and everything that has a depressing effect on the body and mind.

2. To consult a good physician in case of excessive and prolonged menses.

3. Any injury caused to the uterus and the consequent pain should be promptly attended to.

Such injury and pain can be relieved by washing the neck and interior of the uterus with "Nyagrodhádi Kwáth" or "Triphalá Kwáth".

A douche with the following can relieve uterine ulcer, pain and hæmorrhage —

(a) Decoction of the barks of 'Bakul' and Acacia.

(b) A decoction of Triphalá, Dáruharidrá, and Haridrá (turmeric).

(c) An infusion of Triphalá mixed with rectified and incinerated copper sulphate.

(d) An infusion of Triphalá mixed with powdered alum.

(e) A decoction of the barks of mango, jambu, banyan, peepul and jack-fruit trees.

(f) Washing the neck of uterus with "Madhyamanaráyan" oil.

Ordinary discharges of the uterus cannot turn into cancer provided the following medicines are taken beforehand :

In the morning - "Pravala Bhasma" (incinerated coral with ghee, milk and sugar

Twice after meals - "Aśvattha" or "Pātāṅgāśva" or "Lakṣmīśa" with cold water.

In the afternoon - "Phalādyaṅ Ghrita" with warm milk.

In the evening - "Raktaprabh" with ghee and honey.

Complete rest of the bowels and of urine and indigestion should be all means be guarded against and this will obliterate the possibility of cancer being developed.

CHAPTER XXI

CANCER OF PENIS

Cancer of the penis is extremely dreadful and pitiable. But the redeeming feature is that cancer of the male organ is not so common as that of the female genitals. From our experience about the various types of carcinomata in the different limbs of the human body, during the last thirty years, the following have come to our knowledge as being the principal causes that are at the root of cancer of the penis.—

1. Congenital phimosis. A person with phimosis who, without getting rid of this defect, enters into married life and owing to excessive and reckless copulation gets his prepuce torn and lacerated, is liable to develop carcinoma of the penis.

2. Contraction of syphilis at an early age, which being suppressed with quack medicines, occasionally bursts into sores owing to the presence of the germs of that disease.

3. Chronic hard or soft chancre on the penis.

4. Sexual gratification in an unnatural way or copulation with lower animals for long years.

5. Application of strong and exciting plasters and ointments to the penis for fuller gratification of the organ.

6. Various unnatural and perverted ways of copulation in order to avoid procreation of children.

Many have a notion that cancer of the penis must have a previous history of syphilis or gonorrhœa. But this is not universally true. I know some acquaintances of mine to have been subject to this disease between the

ages of 40 to 50, though they were declared entirely free from any venereal infection after all manner of tests and were withal immune from any urinary disease and possessed of excellent power of digestion and robust constitution. I was personally aware of their life-history which bore undeniable testimony to their virtue, devotion to gods and Brahmins and temperance in habits and their high standard of morality.

The primary stage of cancer of the penis :—

1. The initial stage is marked by the appearance of a pustule or a small node on a certain portion of the head of the penis. It is generally neglected in the first stage, but with gradual development it assumes the shape of a cauli-flower. Though painless in the beginning, it is attended with increasing pain as it increases in size.

2. In some cases, the head of the penis looks excoriated with a white sore which is gradually diffused and embedded and discharges blood at the slightest touch.

The secondary stage.—In this stage the tumour being developed like a cauli-flower does not allow the prepuce to be shifted either upward or downward. Gradually the tumour begins to slough off and with it the extremity of the penis as well. The ulcer begins to bleed and with the gradual sloughing of the penis it is totally eliminated.

Complications attending sloughing of the penis.—

(1) Hæmorrhage at the slightest palpation. (2) Sloughing of the tumour. (3) Formation of white membranes on the sore. (4) Periodical pain. (5) Augmentation of the duration and intensity of pain.

The third stage.—This stage is marked by regular attacks of fever as in phthisis. The patient begins to suffer from cachexia. The most notable feature of this

stage is the complete disappearance of the organ leaving only a small opening for micturition. By degrees the patient loses the power of locomotion.

The fourth stage.—The patient may often outlive the loss of his penis. His scrotum is then invaded, which being destroyed the muscles of the abdomen become involved. Gradually the sides of the abdomen are implicated when the patient experiences severe pain in the act of urination. With the wearing away of the abdominal muscles, the unfortunate patient suffers the tortures of hell while yet living in this world. The ulcer begins to emit fetid smell and the working of all the organs in the abdomen becomes visible from the outside. By degrees the pain becomes so unbearable as to make the patient senseless.

Treatment

Carcinoma of the penis is curable, if treated from the outset. The ulcer should be washed with “Triphaládi Kasáya” or “Haritakyádi Kasáya” thrice daily, followed by the application of “Brihat Branarákshasa Taila”. For internal administration “Mánikya Rasa” or “Rasa-mánikya” in the morning; “Sáribádyásava” or “Khadírárishtha” twice after meals; “Panchatikta Ghrita-guggulu” in the afternoon and “Mahabhallátaka” at night are recommended.

Timely diagnosis and treatment on the above lines have been successful in curing a good number of patients.

In an aggravated stage of the disease, i.e., when the penis begins to slough off.—

(1) In the morning “Khadírádi Mahábranári Batiká” is to be taken with the decoction of “Ananta-mul” and “Topchini”.

(2) At 10 A.M. "Gabdhushthiri Rasa" with ghee and honey.

(3) Twice after meals "Khadushtha" with cold water.

(4) In the afternoon "Mahátála Ghrita" with tepid milk.

(5) In the evening "Udavaliskana Rasa" with the juice of ginger and honey, and for local application "Madhū Ghrita" or "Tāntrīc Ghrita" or "Bhūtatāla Ghrita" is to be used.

In case of Bubo, "Kāchamāra Guggulu" or "Brihat Yogarāja Guggulu" or "Kānsora Guggulu" should be taken with warm milk.

In case of rapid ulceration and hæmorrhage —

(1) "Raktāśaka" — with the decoction of red sandal and liquorice.

(2) "Tāmra Bhasma" prepared in combination with mercury and sulphur to be taken with ghee and honey or with the juice of ginger and honey. "Brihat Marichadi Taila" or "Somuraja Taila" or "Guruchyādi Taila" or "Maharudra Guruchyādi Taila" should be locally applied.

These oils proving ineffective, "Krishna Sarpa Taila" (cobra oil) is to be used.

If the disease reaches a critical stage, either "Mahátāleswar Rasa" or "Mahátālakēswar Rasa" or "Tālakēswar Rasa" or "Haritāl Bhasma" should be used with ghee and honey in the morning and then the decoction of "Mahāmanjishthādi" and either "Kushtharākshasa Taila" or "Mahāsindurādya Taila".

locally applied. In the afternoon, "Mahákhadirádyá Ghrita" should be taken.

Diet.—Plenty of milk, ghee, rice and curry, sweets, ripe, sweet and fresh fruits. Egg, fish and meat are prohibited.

Surgical treatment in carcinoma of the penis.—As soon as it appears that the head of the penis has been affected by cancer, the best treatment is to have the affected part amputated. Many patients have been saved by resorting to operation in the primary stage, but it is of no avail when the disease has turned malignant.

Use of Radium and Deep X-ray.—In case of swelling of the adjoining glands or of involvement of other organs, the swelling should be reduced by the application of Radium or deep X-ray and then Ayurvedic treatment should be resorted to. I am not aware of any case of cancer of the penis being cured by Radium or deep X-ray.

CHAPTER XXII

CANCER OF SCROTUM AND TESTIS

In most cases, cancer of the scrotum appears in the form of a tumour, which makes its appearance in any part of the scrotum which becomes indurated with the gradual development of the tumour. In certain cases, a gangrenous ulcer appears instead of a tumour and the scrotum becomes contracted and shrivelled up. In certain other cases, even the incipient stage is marked by the appearance of a tumour resembling a cauli-flower and granular growths envelop the entire scrotum. The tumour gradually grows and extends and causes severe pain in the scrotum. The progress is very slow and protracted.

Treatment

Provided the disease is diagnosed in the early stage, surgical operation is the most effective mode of treatment, which, of course, should be followed by Ayurvedic treatment so that the disease may not extend to the other limbs of the body.

In case of a nodular cancer, if the scrotum becomes indurated deep X-ray should be applied, and then should follow Ayurvedic treatment after rectification of the bodily humours. Cases of deep-seated scrotal cancer have been successfully treated by us with "Panchámrita Parpatī". On the eve of the last World War we achieved amazing results in the case of scrotal cancer of a Minister of Burma with the application of "Parpatī".

CHAPTER XXIII

RECTUM CANCER

Cancer of the rectum is a very dreadful and painful disease running a protracted course. But fortunately enough, the disease is very rarely met with. Females, more than males, are usually its victims. The disease manifests itself in a variety of ways. In most cases, its seat of attack is the extremity of the large intestine.

Those who suffer from chronic dyspepsia, suppress their fæces and urine, or are subjects of indigestion, flatulence, constipation, discharge of mucus, frequent straining at stools, a sense of weight and discomfort after defecation, etc. usually fall victims to this troublesome disease. Hæmorrhoids or piles may also turn into cancer of the rectum if surgical operation fail to extirpate the piles effectively.

The primary stage of rectum cancer.—Initially the membrane from the extremity of the large intestine upto the anus begins to thicken causing constriction of the rectal passage. This gradual growth of the membranes ultimately results in total obstruction of the anus. This is one of the three types of cancer of the rectum generally met with. Another type is represented by the formation of a tumour at the end of the large intestine, which developing by degrees brings about complete envelopment of the anal passage.

Still another type consists in granular fleshy growths like the tips of a cauli-flower along the entire anal passage and gradually extending to the buttocks.

The secondary stage.—Rectum cancer of the above three types, if not treated from the outset, gradually reaches an aggravated stage, when there is obstruction

of the anal passage, distension of the belly, formation of wind, flatulence and heaviness in the stomach, constant piercing pain in the rectum, scanty defecation, at intervals, mixed with pus and blood. Then the disease diffuses to the surrounding limbs

The third stage. —In this stage, the anus as also the buttocks begin to putrefy and slough off. Worms like *mun* (parched rice) breed in the sore which emits a very fetid smell. Bladder and kidneys are also implicated and there is complete obstruction of urine and stool resulting in a most painful death.

Treatment

In case of early detection, surgical operation is the best mode of treatment. A patient may be relieved if the cells of cancer be extirpated by operation. Temporary relief may be afforded even in an advanced stage. Colostomy is the only course to be resorted to in case of retention of stools owing to the obstruction of the anal passage.

The patient may get temporary relief from colostomy. In default of operation at the outset, colostomy performed after the retention of urine and stools may give relief for the time being but death follows in no time. Application of Deep X-ray and Radium at the outset may also cure the disease. We have cured a good number of cases with Ayurvedic treatment accompanied by deep X-ray and Radium.

Ayurvedic treatment of Cancer of the rectum

Prior to or after surgical operation, X-ray or radium, the administration of "Rasa Parpati", "Swarna Parpati", or "Vijaya Parpati", subject to the usual restrictions, can cure eighty per cent of the cases.

In case of tumour and fleshy growths "Támra Parpati", in case of sore "Rasa Parpati", in case of gangrenous ulcer "Swarna Parpati", and in case of tumour resembling a cauli-flower "Vijaya Parpati" are most effective.

To relieve burning sensation in the rectum "Támra Bhasma" (incinerated copper) may be taken internally and the rectum should be washed with the decoction of *guruchi* and liquorice, or with goat's milk mixed with sugar.

Other auxiliary medicines.—"Mahábhallátaka" or "Amritabhallátaka" with sugar and milk; "Brihat Yogarája-guggulu" with hot milk; and "Panchatikta-Ghrita-guggulu", "Mahátáleswara Rasa", "Tálakeswara Rasa", "Mánikya Rasa", etc. with appropriate vehicles.

For external application.—Brihat Kásísádya taila, Brihat Branarákshasa taila, Brihat Guruchyádi taila, and Mahárája Prasáraní taila are efficacious

For washing the ulcer.—"Pathyádi Kasáya" or "Haritakyádi Kasáya."

Diet.—Ghee, milk, sugar, honey, also ripe, fresh and sweet fruits.

CHAPTER XXIV

CANCER OF HIP-JOINT (SARCOMA)

As a result of my long experience in the treatment of a variety of cancer patients, a firm conviction has gained ground in me that unassimilated chyle is at the root of such dreadful diseases as cancer and other fleshy growths. Sarcoma is only a variety of cancer whose seats are the various joints of the body. Long-standing indigestion and urticaria lead to accumulation of undigested chyle in the system. Unless this chyle is either assimilated or ejected, it causes fleshy growths to appear in any of the joints. This fleshy overgrowth gradually turns into a malignant sarcoma or carcinoma. This disease is not likely to appear so long as the unassimilated chyle is ejected out of the system through urine, stool and expectoration etc. This disease is generated only through the accumulation of undigested chyle in the system. A fleshy overgrowth involving tissues and glands in any joint is called a sarcoma. A sarcoma is not purely a fleshy tumour. For, the growth and development of a sarcoma is due to the extraction and absorption of fluid and blood from the different limbs of the body.

The sarcoma or tumour that appears on the hip-joints is a fleshy growth resembling the nervous affection called "Shibámunda" in Ayurvedic treatises. This disease makes its appearance in the region of the hip-joint, invades the entire thigh and then extends upto the buttocks. The thigh gets swollen like the base of a plantain tree and the entire body grows emaciated day by day. At first it is painless. But the lapse of some time brings on pain and the swollen part becomes red like vermilion. At first sight it appears to be on the verge of suppuration. Actually, however, it does so only after a considerable period. Any application of drugs to make it ripen only

causes the outer skin to burst followed by jets of bleeding. After a considerable period, the cells of this sarcoma begin to putrefy, to emit a foul smell and to slough off. In the absence of proper care being taken, worms like *Muri* (parched rice) begin to breed in the sore. An onset of sympathetic fever sets in each afternoon as in T. B. and the patient gets emaciated and exhausted. But the ulcer goes on extending. As in pulmonary consumption, the decay of the lungs is followed by an attack on the stomach, so in sarcoma also the final stage is marked by chronic fever and diarrhoea. The patient eats but little, but his evacuations are profuse. After suffering from diarrhoea like this for some time the patient finally meets his death from emaciation and exhaustion.

The nature of sarcoma.—All the types of sarcoma that make their appearance in the different joints and limbs of the body do not partake of the same characteristics. In some cases there is an overgrowth of flesh while in others there is overgrowth of bones at the joints, wherein the accumulation of blood and flesh is rather meagre. This growth of bone is mistaken by many as Bone T. B., treatment for which proving unavailing, it is taken to be a case of sarcoma and as such treatment is undertaken for the latter. But it is then too late since the disease becomes deep-seated and all treatment proves fruitless.

Apart from the joints, liver, spleen, brain and other vital organs also may be the seat of a sarcoma. These are far more serious than those affecting the joints.

Treatment

In the early stage, surgical operation is the best mode of treatment. Inoperable cases may be treated with exposures of deep X-ray and Radium. But radical cure is not possible without post-operation treatment with

drugs for internal use. First of all the accumulated chyle has got to be assimilated. For this the following medicines are prescribed :—

(1) “Vátári-Rasa” as mentioned in *Bhábaprahāsa*—with the decoction of dry ginger and the root of a castor tree

(2) “Yogarāja-guggulu” —with the decoction of the drugs included in the group designated “Mahárásnádi”, and

(3) “Sarvavátári” as mentioned in *Rasaratna-Samucchaya* with the decoction of “Dasamula”.

To segregate the cells of cancer—“Mahátáleswara Rasa” with the decoction of drugs included in the group called “Madhyama Manjishthádi”.

In the event of the kidney being attacked :—“Sáribádyásava” and “Bangajatu” are to be administered.

“Brihat Khadirárishta”, “Panchatikta-ghrita-guggulu” and “Mahábhallátaka” are three other excellent remedies for this disease. “Sankarasveda” and “Sálwanasveda” are to be applied along with “Brihat Sandhavádi Taila” and “Prasáram Taila”.

For nourishment —“Chandrodaya Makaradhwaja”, “Vasanta-Kusumákara Rasa”, “Subarnasamirapannaga Rasa”, “Mallasindura”, “Rasatálaka”, “Rájamrigánka Rasa” are to be applied.

Each of these medicines reduces mucus, fat and phlegm, revives the dead cells and prevents growth of flesh. If applied in time, these medicines can cure fifty per cent of the sarcoma patients.

CHAPTER XXV

CANCER OF TOES

We have met with cases of cancer in toes even. In the interspaces between two toes and on the skin above the nails appear cancerous growths in the form of granular sprouts of a cauli-flower. They bleed at the slightest touch and gradually diffuse to cover the entire toe, in consequence of which the whole leg becomes swollen up. After a time the nodules dissolve and form into an ulcer which gradually spreads and emits an odious smell.

Treatment

After a wash with “Haritakyádi Kasáya”, “Brana-rákshasa oil” is to be applied to the sore. “Mahárudra Guruchyádi Taila” may also be used for applying to the sore. For internal administration, “Panchatikta-ghrita-guggulu”, “Amritabhallátaka”. “Haritála Bhasma”, “Mahábhallátaka”, “Mánikyarsa”, “Rasamánikya”, “Adityarsa” etc may be prescribed “Krishnarasa” and “Rasatálaka” also yield excellent results.

Diseases which simulate Cancer

Goitre, Gland, and Scrofula—Goitre appears in the form of a tumour resembling the first stage of cancer. After remaining in a stationary state for a considerable time, it ripens and bursts at length. In this way the tumours of goitre ripen and burst one after another. These then resemble tumours of cancer, but in reality they do not fall under the category of cancer. Rather they may ultimately lead to tuberculosis but not cancer.

Gland and Scrofula also partake of the same nature. These also, unless treated at the proper time, may turn into tuberculosis but not cancer.

CHAPTER XXVI

CANCER OF SKIN

The skin of any part of the body may be affected with cancer resembling the shape of a cauli-flower. Often a variety of cracked sores is found to appear in the skin like the bark of a “Bakul” or Acacia tree. It simulates cancer but in reality it is not so. Unless treated in time it may eventually turn into cutaneous tuberculosis. Generally the face, cheeks and the area surrounding the eyes are affected with this disease. Rodent ulcer, Hodgkin’s disease, Lupus and Keloid etc., though resembling cancer, do not actually fall under this category.

Treatment

Treatment should be carried on as in the case of cancer of the toes.

In the Western medicine the various types of sarcoma affecting the different parts of the human body are designated by the common name of ‘cancer’. But Ayurveda differs on this point. In Ayurvedic texts, carcinomata of the different limbs have been given different denominations; as, carcinomata of the gullet have been called by such terms as “Sataghni”, “Gīlayu”, “Mānsatāna” etc. A tumour on the shoulder has been named a “Valmika”. A common nomenclature, according to Ayurveda, for all the different types of cancer should be “Raktārvuda” (blood-originated tumour). For, every case of cancer consists in the growth of a tumour which develops by absorption of blood from the different limbs, and in course of time this proves almost incurable. Of course, in Ayurveda each and every disease has not its own distinguishing appellation and a physician need not blush at his inability to designate a particular disease by a specific name.

For, according to Charaka, all diseases are generated by the vitiation of the three humours *Váyu*, *Pitta* and *Kapha*, though Susruta adds a fourth cause, viz., the vitiation of blood. Ayurveda is more a believer in the theory of bodily humours than in the theory of parasites, germs and viruses etc. which cannot thrive unless the soil, namely the body, is already prepared. The animal body which is constituted of the five elements impregnated with animation becomes liable to diseases simply owing to the vitiation of the *Doshas*, *Dhátus* and *Malas*. A disease cannot reach a stage of aggravation but gradually tends to amelioration if the vitiated *Doshas* are restored to normalcy by means of appropriate drugs and diets and change of climate in a sanatorium.
